

HUTSPOT
SERVES 4 People

Hutspot is a mixture of carrots, mashed potato and onions, and is a good winter meal. It is similar and yet, not the same as an American pot roast.

Ingredients:

2 to3 Lbs Beef Round Rump Roast	2 Bay leaves
1 ½ Lbs carrots (LARGE ONES)	4 Whole Cloves
¾ Lbs Onions	2 Tbsp Olive Oil
2 Lbs Potatoes	1 Stick butter divided
4 Tbsp Spicy Mustard (for meat)	1 Cup Milk
Salt and Pepper to taste	4 Tbsp Spicy Mustard for potato

Method:

- . Rub meat with spicy mustard.
- . Melt butter and olive oil in frying pan
- . Brown meat on high on all sides
- . Transfer meat with its juice to a Dutch oven or other large pot
- . Add approx. 1 quart of water, bay leaves and cloves, simmer low 1 ½ hrs.
- . Peel and cube potatoes
- . Peel and cube carrots
- . Peel and cut onions in half rings and fry in ¼ stick butter about 8 Min. save.
- . After 1 ½ hrs has passed drain some of the meat juice into a bowl and save.
- . Continue to let meat cook, add some water to it.
- . Add carrots and fried onions to meat and let simmer for 1 hr.
- . In separate pot boil the potatoes in cold water with some salt about 30 min.
- . Drain potatoes in a colander and melt butter and milk in same pot.
- . Add potatoes and mash adding the mustard, nutmeg, salt and pepper to taste
- . With a slotted spoon scoop out the carrots and onions and mash in a pot.
- . Make gravy from the saved meat drippings adding some more of the juice
- . Use a Wisk to mix in the flour, milk or water.
- . Serve in separate bowls, with a slice of meat.

ENJOY
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