

Karelian hot pot with creamy mashed potatoes

Total time **135 mins** 45 mins preparation time 90 mins cooking time

Nutritional facts (per portion):
4,291.6 kJ / 1,030.3 kcal

Fat: **64.3 g** Protein: **40.2 g**
Carbohydrates: **66 g**

INGREDIENTS

4 portion(s)

For the meat casserole:

250 g beef shoulder (chuck steak)
250 g shoulder of lamb
2 tbsp rapeseed oil
2 onions
2 leeks
4 carrots
250 g mushrooms
2 cloves of garlic
2 tbsp tomato purée
2 tbsp rapeseed oil
500 ml vegetable stock
250 ml cream
6 tbsp Kikkoman Naturally Brewed Soy Sauce
2 bay leaves
Fresh parsley to decorate

For the mashed potatoes:

1 kg potatoes (floury)
150 g butter
200 ml milk
Nutmeg
Salt

PREPARATION

Step 1

2 onions - **2** leeks - **4** carrots - **250 g** mushrooms - **2** cloves of garlic

Peel the onions and cut them into hazelnut-sized pieces. Wash the leeks and carrots, clean the mushrooms and cut everything into slices about 1 cm thick. Peel the garlic and cut into fine slices.

Step 2

250 g beef shoulder (chuck steak) - **250 g** shoulder of lamb - **2 tbsp** rapeseed oil

Cut the meat into 1 cm cubes, sear in a large saucepan with oil and then remove.

Step 3

2 tbsp tomato purée - **2 tbsp** rapeseed oil

Sauté the vegetables with the oil and tomato purée in the same saucepan while it is still hot.

Step 4

500 ml vegetable stock - **250 ml** cream - **6 tbsp**

Kikkoman Naturally Brewed Soy Sauce - **2** bay leaves - Seared meat

Deglaze the vegetables with the vegetable stock, cream and Kikkoman Soy Sauce and add the bay leaves. Return the meat to the saucepan with the vegetables, simmer for 1 - 1.5 hours

Step 5

1 kg potatoes - Salt - **150 g** butter - **200 ml** milk - Nutmeg - Salt to taste

Wash and peel the potatoes and put them in a saucepan. Fill with cold water, add plenty of salt and boil the potatoes until soft. Drain the cooking water and let the potatoes steam off in the hot

pan. Mash the potatoes with butter, milk and nutmeg to a creamy puree. Season to taste with salt. Garnish the finished dish with parsley.