Northumbrian Pan Haggerty

Pan Haggerty is a traditional Northumbrian vegetarian side dish containing potatoes, onion and cheese. The name of the dish is said to have come from the French hache, meaning chopped. The dish is said to have originated as a cheap and easy way to fill hungry bellies in the coal mining towns once prevalent in Northumberland. A lovely winter warmer which works well as an accompaniment to most meats or served for breakfast with crispy bacon and a fried egg

Ingredients

75g butter

500g onions, thinly sliced

1kg floury potatoes, such as King Edward, cut into 5-6mm slices

225g well-flavoured hard cheese, such as cheddar, coarsely grated

Method

1. In a large frying pan, melt 50g of the butter. Add the sliced onions, season well, then cook gently for about 20 minutes until soft and lightly browned.
2. Preheat the oven to 200°C/fan 180°C/gas 6. Bring a large pan of salted water to the boil. Add the potatoes, then return to the boil and cook for 4-5 minutes until just tender when pierced with a sharp knife. Drain well, then set aside.
3. Heat the remaining butter in a large non-stick, ovenproof frying pan. Arrange a third of the potatoes in the pan and fry gently for about
4. 5 minutes until crisp and golden underneath. Remove from the heat, then cover with half the cooked onions, a little seasoning and a third of the cheese. Add a second layer of potatoes and the remaining onions. Season, then scatter over half the remaining cheese. Add a final layer of potatoes, then scatter with the remaining grated cheese.
5. Transfer the pan to the oven and bake for 25-30 minutes until golden.

Nutrition: per serving (serves 6)

Calories 404kcals

Fat 23.9g (14.6 saturated)   Protein 13.9g   Carbohydrates 35.5g (5.5g sugars)   Fibre 4.4g   Salt 0.9g