

POTATO CHOPS

(Cesca Lobo)

Ingredients

1 ½ lbs lean hamburger beef	2 green chillies or ½ tsp chilli powder
3 onions - cut fine	1 tbsp vinegar
2 cloves - cut fine	1 tsp sugar
½ tsp ground ginger	A few mint leaves (or dried mint)
1 tsp pepper powder	A few coriander leaves (or 1 tsp coriander powder)
1 tsp mixed spice	1 tbsp ketchup

Method:

- ❖ Add the onion and garlic to the hamburger beef and brown the meat over a high heat.
- ❖ Reduce the heat to medium; add the mixed spice, coriander, ginger, chopped chillies, vinegar and sugar.
- ❖ Cover the pan and simmer this filling for about 20 minutes, adding salt and pepper to taste. Allow the filling to cool then add enough ketchup to hold the filling together.

Potato Mash

2 lbs potatoes - to be boiled and mashed
1 egg
Instant mashed potatoes
Breadcrumbs
Vegetable oil for frying

Method:

- ❖ Add salt to the mashed potato, work in the beaten egg and if the mixture is too sticky add sufficient instant mashed potato (dry flakes) to make a smooth 'dough'.
- ❖ Divide this potato mix into small balls. Shape each ball into a deep cup, fill with about one tablespoon of hamburger filling and reshape the cup into a ball - so as to conceal all the filling. Gently flatten and shape this ball into a round flat cake, coat with breadcrumbs and shallow fry.
- ❖ The potato chops retain their shape better if they are refrigerated for about two hours before they are fried.
- ❖ Oven: Brush with egg white, roll in crumbs and bake at 325 degrees F oven on cookie sheet till a warm gold brown on both sides.