



## VEGETABLE RISsoles

*Households in the 1930s were keen not to waste any food. Dishes like rissoles were common in the 1930s as they were a good way to use leftovers such as mashed potatoes and vegetables and stale bread. Meat rissoles were a popular way of using up meat leftover from the Sunday roast. The meat was minced before adding to mashed potato.*

### Ingredients

- 2 large potatoes (weighing about 450g after peeling), cubed
- Small pat of butter for mashing potatoes
- 1 small onion, finely chopped
- Vegetable oil for frying
- 100g of cooked carrot
- 150g of cooked peas or other green vegetables such as cooked spinach
- 2 tablespoons of chopped parsley
- 100g of grated cheddar cheese
- 1 egg, beaten
- 100-150g breadcrumbs
- salt and pepper

### Method

1. Bring the potatoes to the boil with a teaspoon of salt. Once boiling, turn down the heat and cook for about 10/15 minutes.
2. Gently fry the onion in a little oil until soft and translucent.
3. Chop up the carrot into small pieces.
4. When the potatoes are cooked drain them in a colander. Return to the pan and mash until smooth with a knob of butter.
5. Add the onion, carrots, green vegetables, cheese and herbs to the potatoes and stir through until they are well mixed in. Season with salt and pepper.
6. Divide the mixture into 10 large patties or rissoles or 12 to 14 smaller ones. Dip the patties in the beaten egg and then into the breadcrumbs.
7. Fry until golden and crisp on both sides. Alternatively, place on a baking sheet brushed with oil and bake for about 20 to 25 minutes or until golden brown at 180C. Turn them over halfway through cooking.