

Manx Savoury Surprise - originally submitted by Jan Quillin (Vegetarian Dish)

INGREDIENTS

4 large diced Manx potatoes	4 tablespoon chopped parsley
1 chopped onion	½ pint milk
4 chopped tomatoes	knob of margarine or butter
4oz grated cheese	Salt and pepper
1 tablespoon plain flour	

METHOD

Mix potatoes, onions, tomatoes, cheese, flour and parsley in a bowl and season well. Put into a dish or meat tin. Warm milk slightly and pour onto vegetable mixture. Put knobs of margarine or butter on top.

BAKE: 400 •F, 200 •C, Gas Mark 6-7

TIME: 1 hour

SERVE: Hot on its own or with meat