Beef or Lamb And Vegetables Gratin - Serves 6-8

3 tbsp sunflower oil

2 garlic cloves, fine chopped

2 onions sliced

1 kg/2 lb 4oz fresh beef or lamb mince

500 g/1 lb 2oz courgettes, thinly sliced

300 g/10 ½ oz carrots, thinly sliced

1 red pepper deseeded and thinly sliced

55 g/2 oz raisins

85 g/3 oz butter

85 g/ 3 oz plain flour

850 ml/1 ½ pints milk

115 g/4 oz Cheddar cheese grated

350 g/12 oz canned sweetcorn drained

400 g/14 oz canned cannellini beans drained and rinsed

2 tbsp chopped fresh parsley

4 egg yolks

Salt and pepper

Method

Heat the oil in a large saucepan. Add the garlic and onions and cook over a low heat, stirring occasionally for 8-10 minutes until brown. Add the meat increase the heat to medium and cook, stirring frequently and breaking it up with a wooden spoon for 8-10 minutes until evenly browned. Stir in the courgettes, carrots, red pepper and raisins and season to taste with salt and pepper. Reduce the heat, cover and simmer for 25 minutes

Meanwhile, preheat the oven to 180°C/350°F/Gas mark 4.

Melt the butter in a saucepan. Add the flour and cook over a low heat, stirring constantly for 2 minutes. Remove the pan from the heat and gradually stir in the milk, a little at a time until smooth. Return the pan to the heat and bring to the boil stirring constantly, then cook, stirring for a few minutes more until thickened. Remove the pan from the heat and stir in the cheese until melted.

Stir the sweetcorn, beans and parsley into the meat mixture and simmer for a further 3 minutes, then remove the pan from the heat. Spoon the mixture into an ovenproof dish.

Lightly beat the egg yolks in a bowl with a fork, then stir in 4 tbsp of the cheese sauce. Stir the egg yolk mixture into the cheese sauce and pour it over the meat mixture to cover. Bake in the preheated oven for 25-30 minutes, until the topping is golden brown. Serve immediately