



Credits: Refettorio Paris

Parmentier de viande

By Refettorio Paris

TIP: You can fry the vegetables peels (carrots, potatoes) and use them to garnish the Parmentier.

INGREDIENTS

500 g potato (or other mashed vegetables)
Leftover meat
Garlic
Shallots
50 cl milk
100 g butter
Stale bread

DIRECTIONS

Cook the potatoes (or other vegetables) in salty water.

Heat the milk and cut the butter into small pieces.

Once the potatoes (or other vegetables) are ready, pass them through the vegetable mill. Add the milk, then mix. Then add the butter in pieces and mix well.

Add salt and pepper and other spices if you want to make the dish more exotic.

Chop the leftover meat with a knife.

Chop the shallots and crush the garlic.

Mix everything in a baking dish.

Bake at 180°C for 10min. Season out of the oven.

Toast the stale bread in the oven until it get a nice golden color. Finally mix the bread and make breadcrumbs.