



RECIPE

COTTAGE (SHEPHERD'S) PIE

INGREDIENTS:

- 1 1/2 lb. ground beef or lamb
- 1 cup frozen peas, thawed
- 1 cup frozen corn, thawed
- 2 large carrots, peeled and roughly chopped
- 1 med yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp tomato paste
- 1/2 tsp dried rosemary
- 1 tsp Worcestershire sauce
- 1/2 cup beef stock
- 1 tbsp flour
- 2 tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper

DIRECTIONS:

Preheat oven to 375.

In a high-sided non-stick pan, heat olive oil over medium-high heat. Add in onions and garlic and sauté for 2-3 minutes until the onions are translucent. Add in the carrots and cook for 4-5 minutes until they have softened. Add in the ground beef and break up the meat with a flat sided wooden spoon. Cook until all the meat is browned.

Lower the heat to medium and add in the tomato paste and combine well until the paste melts and the meat mixture has a reddish tint. Then add in the dried rosemary, salt, pepper and splash of Worcestershire sauce and stir to combine. At this point, you can add the thawed peas and corn. Mix together well so that all the ingredients are evenly distributed throughout. Stir in the beef stock and cook for 1-2 additional minutes. Sprinkle in the flour and stir into the mixture. The mixture will come together. Shut the heat off and add the meat mixture to the bottom of a 9 x 13 square baking dish. Top with mashed potatoes and place in the oven for 35-40 minutes.

NOTE: When I make mashed potatoes I typically make a larger batch so that I have some left over for this recipe. I find that leftover mashed potatoes hold nice and firm on top while baking. Of course if you do not have leftover mashed potatoes, you can always make a fresh batch to go along with it.

Serves:6



