



SHEPHERD'S PIE

MISE EN PLACE

- One hour before the class remove the ground lamb (or beef) from your fridge to bring to room temperature.
 - Preheat your oven to 400 F.
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SHEPHERD'S PIE *(serves 4-6)*

Recipe by KATHRYN JOEL

600g ground lamb, or use chopped cooked lamb (you can also use ground beef to make a cottage pie)

1kg floury potatoes, such as russets, peeled

75 g butter

150 ml milk

100 ml whipping cream

2 onions, chopped

2 carrots, diced

2 sticks celery, diced

1 tbsp tomato paste

small handful fresh thyme leaves, leaves picked

bay leaves

glass of red wine, to deglaze

350ml good quality beef stock

3 to 5 anchovies, chopped, or use Worcestershire sauce, to taste

large handful chopped Italian parsley, chopped, and additional for garnish

cooking oil, grapeseed or canola

olive oil

grated cheese, parmesan or cheddar

- Pre-heat your oven to 350 F.
- Cut your potatoes into halves or quarters depending on their size, and place in a large pan of cold, salted water. Bring to the boil and simmer until tender, about 20 minutes. Drain and steam in a colander, covered with a tea towel, for a few minutes before mashing – use a ricer or a potato masher.
- Meanwhile heat the milk, cream and butter together in a small pan and simmer to reduce slightly.
- Gradually combine the mashed potato with the hot milk, cream and butter adding salt to taste, until you have a fairly stiff mash.
- Meanwhile, heat some cooking oil in a wide sauté pan over a medium-high heat then brown the ground lamb (or beef), in batches as necessary, adding salt to taste.
- Remove the lamb from the pan and set aside.
- In the same pan, add a little more olive oil as needed and sweat the onions over a medium heat until softened.
- Add the carrots and celery and cook until starting to soften, turning up the heat while cooking to add some colour to the vegetables.
- Add the garlic, and continue to sauté briefly, just until fragrant.
- Add the fresh thyme and anchovies (if using) then return the lamb to the pan.
- Turn up the heat, then add the tomato paste and cook stirring for about a minute before deglazing with a glass of red wine, and cook to reduce.
- Add the stock and (optional) Worcestershire sauce, and the bay leaf, and allow to simmer on a low heat until reduced.
- Stir in the parsley.
- Place the lamb into a large gratin dish, removing the bay leaf, and top with the potato.
- Finish with the grated cheese.
- Bake in the preheated oven for about 40 minutes, until the potato is crisp and golden brown and the filling bubbling hot.
- Serve garnished with chopped or picked parsley.

To cook from frozen: Remove from freezer 24 hours prior to serving, place in fridge. Bring to room temperature before heating (at 350 degrees).

EQUIPMENT

Cutting board and knives

Measuring cups and spoons

Potato ricer or alternate masher

Wide sauté pan

Box grater, for cheese

Pie or Gratin dish, or you can use individual ramekins

BONUS RECIPES: These are complementary or additional recipes. They are for your reference and enjoyment, and will not be taught in your class.

VEAL OR BEEF STOCK

5-10 lbs Meaty veal or beef bones (depending on the size of your stock pot)

1-2 carrots, peeled and chopped into large chunks

1-2 sticks celery, peeled and chopped into large chunks

1 medium to large onion, halved

handful of parsley stalks

2-3 sprigs of thyme

2 bay leaves

8-10 black peppercorns

- Preheat your oven to 400°F.
- Place the bones, carrots, celery and onion on oiled baking trays, then roast for up to an hour, until well browned, turning occasionally. If the vegetables are browned before the bones, remove them from the roasting trays and set them aside in your stock pot.
- When all of the bones and vegetables are nicely browned, transfer them to your stock pot along with the thyme, bay leaves and black peppercorns and cover with cold water by at least 2".
- Bring to the boil, then turn down to a gentle simmer. Never allow your stock to boil.
- Skim off scum from the top of the stock but don't stir.
- Simmer very gently for 8-10 hours, then strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.