



Posted on 14 October 2012
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Shepherd's Pie



Ingredients

1kg lamb - ground
1kg potatoes - peeled and cubed
2 carrots - peeled and chopped
2 onions - chopped
3/4 cup frozen peas
2 tbsp sour cream or cream cheese - softened
1 large egg yolk
1/2 cup cream
1 tbsp olive oil
2 1/2 tbsp butter
2 1/2 tbsp all-purpose flour
1 cup beef stock or broth
2 1/2 tsp Worcestershire
1 tsp sweet paprika
2 1/2 tbsp chopped fresh parsley leaves
Salt and freshly ground black pepper

Preparation

- 1 **FOR THE POTATOES**
- 2 Start by boiling the peeled and cubed potatoes in salted water for around 15 minutes or until cooked soft.
- 3 Then drain the potatoes and place into a bowl.
- 4 After that combine the sour cream, cream and egg yolk.
- 5 Pour the cream mixture into potatoes.
- 6 Mash mix with the potatoes till they are quite smooth and light.
- 7 **FOR THE MEAT**
- 8 Now while the potatoes boil, preheat a large skillet over medium high heat.
- 9 Heat some oil on a pan and then add the lamb.
- 10 Add some salt and pepper to the your meat.
- 11 For another 3 - 4 minutes, allow the meat to crumble and brown meat.
- 12 After this throw in the chopped up carrots and onions in the meat.
- 13 Let the veggies cook with the meat for around 5 minutes.

- 14 Stir constantly.
- 15 **FOR THE SAUCE**
- 16 In a second small pan, heat some butter on medium heat.
- 17 Add the flour and allow it to cook with the butter for around 2 minutes.
- 18 Then blend in the broth and Worcestershire sauce.
- 19 Let the sauce/gravy cook for 1 minutes – so that it gets thick.
- 20 Thereafter add the sauce/gravy to the meat and veggies
- 21 Now throw in the peas and stir around for a while.
- 22
- 23 **FOR THE BAKE**
- 24 Preheat your oven to high (you can be the judge of that)
- 25 Place the meat and vegetable mixture in a ovenproof dish.
- 26 Once done, add the mashed potatoes over the meat mixture.
- 27 Finally, sprinkle the dish with a lot of sweet paprika and place in the oven.
- 28 Set the oven now at medium-high.
- 29 Allow the dish to bake till the potatoes turn brown on top all over.
- 30 Serve straight from the over garnished with chopped parsley.

Cooks Note

You can replace the ground up lamb with beef or even chicken.
