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by ewfood

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.

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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.