

- 6** Serves 6
-  Suitable for freezing
-  Saucepan with lid

SHEPHERD'S PIE

INGREDIENTS

For the base

- 1 tablespoon oil
 - 2 onions
 - 1 stick celery (optional)
 - 2 carrots (optional)
 - 500g (1lb 2oz) minced (ground) lamb or Quorn
 - 1 x 400g (14oz) can of chopped tomatoes
 - 1 stock cube (lamb, beef or vegetable)
 - 3 tablespoons tomato purée (tomato paste)
 - 2 teaspoons dried mixed herbs
 - Salt and pepper
 - 2 teaspoons mint jelly (optional)
 - 150g (5½oz) frozen peas (optional)
 - 1 small can sweetcorn (optional)
- ### For the topping
- 1 x quantity mashed potato (see page 174)
 - 25g (1oz) Cheddar cheese (optional)

METHOD

- 1 Make the mashed potato for the topping, following the recipe on page 174. While the potatoes are boiling, start on the pie base.
- 2 Preheat the oven to 180°C/350°F/Gas mark 6.
- 3 Put the oil in a saucepan (that has a lid). Peel and chop the onions and put into the saucepan with the oil.
- 4 Prepare the celery and carrot, if using: wash the celery, then chop into small pieces; wash, peel and grate the carrot.
- 5 Heat the oil and onions over a medium heat and stir with a wooden spoon for 5 minutes, or until soft and golden.
- 6 Add the minced lamb or Quorn to the saucepan, stirring to break up any lumps. Cook for about 6 minutes, or until any red colour has gone from the meat (or if using Quorn, cook according to the instructions on the packet).
- 7 Add the carrot and celery, if using, and stir in.
- 8 Add the canned tomatoes, stock cube, tomato purée and mixed herbs. Add a pinch of salt and pepper.
- 9 Allow to simmer on a low heat for 10 minutes with the lid on until the sauce thickens slightly. Stir occasionally so that the mixture doesn't stick to the bottom of the pan.
- 10 Add the mint jelly, peas and sweetcorn to the sauce, if using, and stir in for 2 minutes.
- 11 Pour the meat sauce into an ovenproof dish or small roasting tin. Carefully spoon the mashed potato over the top of the sauce and use a fork to level it out and make a lined pattern on the top. Grate the Cheddar cheese, if using, and sprinkle over the top of the mashed potato. Cook in the oven for 20 minutes until the potato is golden brown.

 This takes longer than 1 hour as you have to make the mashed potato recipe first. To make a cottage pie instead, use minced (ground) beef and leave out the mint jelly.



Photographed with lamb mince, peas and sweetcorn

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