

Traditional Shepherd's Pie



1 hour cook time | 30 min prep | Serves 4-6

Ingredients:

- 1 1/2 cups onions, chopped (1 medium onion)
- 3/4 cup carrot, peeled and diced (1 big carrot)
- 3/4 cup celery, diced (2-3 stalks)
- 2 tablespoons canola oil
- 1 lb ground lamb
- 1 tablespoon flour
- 1/2 teaspoon dried leaf thyme
- 1/2 teaspoon dried rosemary
- 3/4 cup beef broth
- 2 tablespoons tomato paste
- 1 dash Worcestershire sauce
- 1 pinch nutmeg
- 1/2 cup green peas, frozen
- 1 1/2 teaspoons kosher salt, divided
- 1/2 teaspoon black pepper, freshly ground
- 1 1/2 lbs potatoes (I like Dutch Creamers)
- 1 tablespoon butter

Directions

1. Heat large fry pan on medium heat. Add oil and onions, carrot and celery. Add approximately 1/4 of the kosher salt. Cook on medium heat, stirring frequently, until the vegetables soften (about 10 minutes).
2. Turn the heat up to medium-high. Add the ground lamb. Sprinkle the meat with another 1/4 of the kosher salt. Stir, breaking up the meat and continue cooking until the meat is nearly browned (almost no pink left).
3. Remove from heat and spoon off the excess fat.

4. Return to medium heat. Add the flour to the pan and stir until combined. Allow to cook for approximately 2 minutes.
5. Stir in the Thyme and Rosemary. Add the broth and the tomato paste. Stir until combined. Allow the mixture in the pan to bubble. It will thicken slightly.
6. Season with pepper and about 1/2 the remaining kosher salt. Add a dash of Worcestershire Sauce, and pinch of nutmeg. Stir in the frozen peas, remove from heat.
7. In parallel with the above, boil the potatoes for approximately 10-15 minutes until fork-tender. Drain, reserving 1/2 cup of the water they were boiled in.
8. Place boiled potatoes in a large mixing bowl. Add butter and remaining kosher salt. Mash with potato masher until all the potato pieces are riced. Add the water and stir until smooth.
9. Place the meat mixture in a round casserole dish. Top with mashed potatoes. Make sure the potatoes come all the way to the edge and form a seal.
10. Bake in 400 degree F oven for 30 minutes. It will likely bubble over a bit, so put some foil under it or bake on baking sheet.