

Shepherds' Pie

8-10 Servings

A number of people have asked for the Shepherd's Pie recipe. Here it is. It's somewhat complicated, so if you have questions, please email me at thewinecellar@grandecom.net.

(This recipe makes a lot of servings. You can make the meat portion separately from the potatoes and freeze what you don't need. When ready for a new batch, simply thaw out the lamb. Heat it thoroughly. Cover with fresh mashed potatoes and bake)

Part One

4 tablespoons olive oil
3 pounds lamb cut into large pieces
½ cup all purpose flour
Salt and Pepper

Part Two

1 medium sweet onion, diced finely
4 carrots, diced into ¼ inch pieces
2 ribs celery, diced into ¼ inch pieces
2 tablespoons chopped fresh parsley leaves
6 oz tomato paste
1 cup red wine
Salt and freshly ground black pepper
1 ½ - 2 cups fresh beef stock
Items from Part One above

Part Three

2-3 carrots diced into ¼ inch pieces
1 ½ cup frozen English peas

Part Four

1 ½ pounds Yukon gold potatoes
4 tablespoons butter
Salt and Pepper
½ cup very warm milk
1 cup Cheddar Cheese, coarsely grated

Pre-heat the oven to 325 degrees F.

Part One

Coat lamb pieces with two tablespoons of olive oil, then liberally sprinkle with salt and pepper and flour to coat. Heat skillet and add remaining olive oil (you may need a bit more). Brown lamb and remove from heat and place in Dutch oven.

Part Two

Place all items except beef stock in Dutch oven with lamb, and stir to incorporate. Add beef stock to come up to about halfway cover lamb. Cover tightly and cook in oven for three hours. Have a glass of wine or two and come back in two hours.

Part Three

Blanch carrots in boiling water for about two minutes. Shock carrots in cold water to stop cooking process. Add frozen peas to carrots and cold water.

Part Four

Peel the potatoes, cut them into even-sized pieces and place into a pot of cold, salted water. Bring the water to a boil and cook potatoes until they are tender, about 10 -12 minutes after they begin to boil. (Potatoes are done when a knife can easily go through.) Drain , and mash with potato masher or ricer until the consistency of rice, then put away masher and grab a wooden spoon. Incorporate butter using spoon, then add warm milk until of the desired consistency. Salt and pepper to taste.

Remove lamb from oven after three hours. Take lamb out of Dutch oven and allow to cool for about 20 minutes. Leave the rest in the pan and skim oil and grease off the top. After lamb has cooled, shred with two forks or chop with a sharp knife and return to Dutch oven.

Turn oven up to 400 degrees.

Drain carrots and peas and incorporate into lamb mixture. Taste for seasoning. You will need to add salt and pepper again at this stage. If consistency is too dry, add beef stock.

Spread the mashed potato evenly all over lamb. Sprinkle the cheese over the potatoes and bake the pie until the top is crusty and golden, about 25 minutes.

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