

SHEPHERD'S PIE

EQUIPMENT

CHEF'S KNIFE, GRATIN DISH, MEDIUM SIZE FRY PAN, WOODEN SPOON, PIPING BAG WITH STAR NOZZLE, MIXING BOWLS, RUBBER SPATULA, RICER OR POTATO MASHER

INGREDIENTS

500GM LAMB MINCE, 500GM BEEF OR LAMB STOCK, 4 DESIREE POTATOES, 1 DICED CELERY STICK, 1 DICED CARROT, 1 DICED BROWN ONION, 10GM RED WINE VINEGAR, 15GM TOMATO PASTE, 10G PLAIN FLOUR, SMOKED PAPRIKA, 50GM BUTTER, 60GM THICKENED CREAM, 1GM DRIED OREGANO, 1GM SMOKED PAPRIKA, 50GM BUTTER, 60GM THICKENED CREAM, SALT FLAKES, FINELY GRATED PARMESAN, GROUND WHITE PEPPER

METHOD

TO BEGIN: CUT THE POTATOES IN HALF AND PLACE THEM ON A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 45 MINUTES.

PLACE THE FRYPAN OVER MEDIUM HIGH HEAT AND ONCE HOT ADD A GENEROUS SPLASH OF EVOO. ADD THE DICED ONION, CARROT AND CELERY AND SAUTÉ FOR 4-5 MINUTES OVER MEDIUM HIGH HEAT.

NEXT ADD THE LAMB MINCE AND COOK STIRRING CONSTANTLY TO BREAK UP LUMPS UNTIL ALL THE MINCE CHANGES COLOUR AND BEGINS TO BROWN. ONCE BROWN ADD THE DRY SPICES, SALT AND PEPPER, COOK FOR A FURTHER MINUTE AND ADD THE TOMATO PASTE AND STIR IN WELL.

ADD THE VINEGAR NEXT AND COOK UNTIL IT HAS EVAPORATED FOLLOWED BY THE FLOUR, STIR THE FLOUR IN THOROUGHLY AND COOK IT OUT FOR 2 MINUTES.

ADD THE STOCK TO THE MINCE AND BRING THE MIXTURE TO THE BOIL, ONCE BOILED REDUCE THE HEAT TO A SIMMER AND COOK UNTIL THE GRAVY HAS THICKENED AND IS COASTING THE MINCE (APPROX 30 MINUTES)

ONCE THE MINCE HAS COOKED DOWN REMOVE IT FROM THE STOVE AND POUR IT DIRECTLY INTO A GRATIN DISH, SMOOTH THE SURFACE OF THE MIX AND SET ASIDE.

ONCE THE POTATOES HAVE STEAMED MASH THEM INTO A LARGE MIXING BOWL, ADD THE BUTTER, CREAM AND SEASONING, MIX WELL WITH A SPATULA. TRANSFER THE MASH TO A PIPING BAG FITTED WITH A STAR NOZZLE AND PIPE TWO (2) LAYERS OF MASH OVER THE TOP OF THE MINCE.

SPRINKLE A LITTLE GRATED PARMESAN OVER THE MASH AND PLACE THE GRATIN DISH INTO A PRE-HEATED OVEN COMBI SETTING 210°C FOR 25 MINUTES.

ONCE GOLDEN REMOVE FROM THE OVEN AND SPOON PORTIONS OF SHEPHERD'S PIE INTO BOWLS AND SERVE WITH A CRISP GREEN SALAD.

HINTS & TIPS

- THERE IS OFTEN CONFUSION BETWEEN SHEPHERD'S PIE AND COTTAGE PIE, TRADITIONALLY COTTAGE PIE IS PREPARED IN THE SAME WAY BUT WITH THE USE OF BEEF MINCE, SHEPHERD'S PIE USES LAMB BECAUSE A SHEPHERD LOOKS AFTER SHEEP.
- ORIGINALLY FROM THE UNITED KINGDOM AND IRELAND COTTAGE PIE AND SHEPHERD'S PIES ARE POPULAR WORLDWIDE AND MANY CULTURES HAVE VARIATIONS ON THE TRADITIONAL DISH.