

Shepherds Pie



Serves 6

Preparation time: 10 minutes

Cooking time: Approximately 1 hour

Oven temperature Gas mark 4-5, 180-190°C, 350-375°F

Ingredients:

675g/1 1/2lb England's Rose minced lamb,
15ml/1tbsp sunflower oil,
1 medium onion, peeled and finely chopped,
1 large carrot, peeled and finely chopped, 100g/4oz green peas,
30ml/2tbsp plain flour,
30ml/2tbsp tomato ketchup,
30ml/2tbsp brown sauce,
30ml/2tbsp freshly chopped rosemary,
1 lamb stock cube, crumbled,
300-450ml/1/2 - 3/4 pint hot, good lamb or vegetable stock,
salt and pepper.

Topping:

675g/1 1/2lb floury potatoes, peeled and cut into medium chunks
450g/1lb swede, peeled and cut into small chunks
100ml/3 1/2fz milk or single cream
50g/2oz butter
30-45ml/2-3tbsp freshly chopped parsley or chives

Method:

Heat the oil in a large pan and cook the onion and carrot until soft but not coloured. Add the mince, in batches and cook for 5 minutes until brown, on a moderate heat, turning frequently and mashing any large lumps with the back of a wooden spoon. Remove and discard half the oil. Stir in the peas.

Stir in the flour and cook for 1-2 minutes, then add the ketchup, brown sauce, rosemary, lamb stock cube and lamb stock. Season. Bring to the boil, reduce the heat and simmer gently for 20 minutes.

Meanwhile prepare the potato and swede topping. Place the potatoes and swede in a large saucepan with boiling water and bring to the boil. Reduce the heat, cover and simmer for 20-25 minutes. Drain and mash together with the milk or cream and butter. Season, if required and stir in the parsley or chives.

Spoon the meat filling into a 1.7L/3 pint ovenproof dish and pipe or spread the surface with the potato mixture. Bake uncovered for 30 minutes, or until the top is brown.

