



Recipe Card

Shepherd's Pie

Makes 6 – 8 individual pies

INGREDIENTS:

50ml olive oil, not extra virgin
1 small onion, finely chopped
1kg lean lamb, minced
150ml water
1200ml lamb stock
2 large carrots, peeled and finely diced
½ bunch thyme, leaves only and finely chopped
Salt and freshly ground black pepper
500g mashed potatoes, enough to cover six pies

METHOD:

1. Pre-heat oven to 180 degrees C
2. Heat the olive oil in a large roasting tray on top of the stove, add finely chopped onion and sweat until tender. Add the minced lamb and fry for a few minutes to break up any big lumps. Add the water and transfer the tray to the pre-heated oven. Every 10 minutes, break up the mince with a whisk – all of the natural fat from the lamb will render out of the meat. Carry on cooking until the lamb is golden-brown in colour.
3. Pour the cooked lamb into a colander to drain off the excess fat and grease, then return it back to the original tray. Place the tray on the hob, add just enough lamb stock to cover and bring the whole thing up to the boil over a medium-low heat.
4. Meanwhile, blanch the diced carrot in rapidly boiling salted water until soft, but not mushy, refresh in cold water and keep to one side.
5. Gently simmer the lamb mince until it becomes quite binding in consistency. Add the chopped thyme and the blanched carrot. Adjust the salt and black pepper according to taste.
6. Transfer the mince into earthenware or china pie dishes, approximately 15 – 20 cm in diameter. Press the mince down to give a smooth surface onto which the potato can be piped. Using a piping bag with large nozzle, carefully pipe an even layer of potato over the surface of the pie.
7. Bake the pies in an oven at 180 degrees C for 10 – 15 minutes, until the potato begins to turn golden-brown and the pie is piping hot in the centre.