

NUTRITION: Lazza's Kitchen

Proper Shepherd's Pie

Lazza is still trying out new recipes

Today - he cooks Shepherd's Pie (properly - not from a herb mix sachet)

In early cook books, the dish was a means of using leftover roasted meat of any kind, and the pie dish was lined on the sides and bottom with mashed potato, as well as having a mashed potato crust top. The term *shepherd's pie* did not appear until 1854, and was initially used synonymously with cottage pie, regardless of whether the meat was beef or mutton. Since the 20th century, *shepherd's pie* is used more commonly when the meat is Lamb.



- 750 g minced lamb
- 125 g mushrooms, sliced
- 2 carrots, diced
- 1 large onion, chopped
- 1 garlic clove, crushed
- 30 g plain flour
- 150 ml beef stock
- 2 tbsp Worcestershire sauce
- 1 pinch salt and black pepper
- 750 g potatoes
- Butter and Milk for mash:

- Put the minced lamb into a large frying pan and heat gently until the fat runs. Increase the heat and cook, turning and mashing the meat until it browns. Using a slotted spoon, lift the lamb out of the pan and spoon off the excess fat.
- Add the mushrooms, carrots, onion, and garlic to the pan. Cook gently, stirring occasionally, for a few minutes until just beginning to soften.
- Return the lamb to the frying pan. Sprinkle in the flour and cook, stirring, for about 1 minute.
- Add the beef stock and the Worcestershire sauce. Season with salt and pepper. Bring to a boil, cover, and simmer gently for 30 minutes.
- Meanwhile, cook the potatoes in boiling salted water for 15–20 minutes until tender. Drain. Add the milk and butter to the potatoes and mash until soft, then season with salt and pepper.
- Taste the lamb mixture for seasoning and turn into an ovenproof dish, then spread the potato on top. With a fork, score the potato in a decorative pattern. Cook in a preheated oven at 200°C/400°F/gas mark 6 for about 20 minutes until the topping is golden and the meat mixture bubbling



Look, I didn't make enough mash, and also sprinkled a bit of cheese on top. But hey, that's the beauty of cooking.

It tastes yummy, and that's all you can ask. Yay!!!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well. Why not try out some new recipes and foods yourself? This was a great and tasty bake to prepare.