

NUTRITION: Lazza's Kitchen Adventure

Cottage Pie

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of a Cottage Pie from scratch

The term "cottage pie" was first used around 1791, when the potato was starting to be regarded as an affordable, edible crop in England and Ireland.

Perhaps it was only a matter of time before someone figured out that a meaty-potato-laden dish was filling, sustainable, and inexpensive.

Called "Cottage" as it was an affordable thing for peasants, many of whom would live in cottages

Ingredients

750g Mince Beef: Oil to fry
Chopped Onions: Chopped Carrots
Frozen Peas: Frozen Sweetcorn
Garlic: Tin Tomatoes
Tomato Puree: Garlic Puree.
3Tb1Spoon Flour: Worcestershire Sauce
850ml Beef Stock: Potatoes, Cheese
Milk: Butter: Salt, Pepper
Mixed Herbs, Parsley, Sage

Heat oil in a large pot and fry the beef mince until browned. Set aside.

Put more olive oil into the pan, add chopped onions, chopped carrots and garlic and cook till onions start to brown.

Add the flour, tomato puree, garlic puree, frozen peas and sweetcorn, and tin of tomatoes and cook for couple of minutes before returning the meat to the pan.

Add the 850ml beef stock, 4 tbsp Worcestershire sauce and herbs, and then simmer, allowing the juices to thicken.

By this time the gravy should be thick and coating the meat. Check after about 30 mins – if a lot of liquid remains, increase the heat slightly to reduce the gravy a little. Season well.

Meanwhile, make the mash. In a large saucepan, cover the potatoes which you've peeled and chopped, in salted cold water, bring to the boil and simmer until tender.

Mash well with the milk, butter, and three-quarters of the mature cheddar cheese, then season with freshly grated nutmeg (if you want) and some salt and pepper.

Spoon the meat into an oven dish. Pipe or spoon on the mash to cover. Sprinkle on the remaining cheese. Heat oven to 220C/200C fan/gas 7 and cook for 25-30 mins, or until the topping is golden.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
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This was a great, and very tasty, meal to prepare.