

casserole, ground beef

Curried Shepherd's Pie

Adapted from Craig Claiborne & Pierre Franey, 1984



Servings: 7

1. Heat the oil in a skillet and add the onions and garlic over medium heat. Cook, stirring occasionally, until they are wilted. Add the curry powder, cumin and coriander and cook briefly, stirring.
2. Add the meat and cook, stirring down with the side of a heavy kitchen spoon to break up the lumps. Add salt, pepper, the tomatoes, broth, and Worcestershire sauce. Cook, stirring occasionally, about 20 to 30 minutes.
3. While the meat is cooking, cook the cauliflower in a bit of water or broth. When the mixture is cooked, test for doneness and make sure mixture is not too wet. If it is, continue cooking them until the mixture dries some. Use a stick blender to puree the cauliflower. Stir in frozen peas and cook very briefly.
6. Season with butter, salt and pepper.
7. Heat an eight-cup baking dish and pour the hot curried meat into it. Top with the hot mashed cauliflower. Smooth over the top. Sprinkle with cheese.
8. Broil until the top is golden brown. Let sit for about 5 minutes, then serve.
9. If making ahead, chill, then bring out of the refrigerator for about 30 minutes before baking at 350°F for about 45-60 minutes. Turn on the broiler at the end to brown the cheese. If you're not sure it's hot, use an instant read thermometer - it should reach about 150°F.

- 1 tablespoon EVOO, or vegetable or corn oil
- 3/4 cup finely chopped onions
- 1 tablespoon garlic, finely minced
- 1 tablespoon curry powder, or more if desired
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 pounds lean ground beef, or can use half beef, half ground pork or lamb
- Freshly ground pepper and sea salt to taste
- 1 cup tomatoes, canned imported tomatoes or fresh, chopped
- 1/2 cup low sodium chicken broth
- 1 teaspoon Worcestershire sauce
- CAULIFLOWER "POTATOES"**
- 1 large cauliflower, or use an equivalent of cauliflower rice
- 2 tablespoons butter
- salt and pepper to taste
- 2 cups frozen peas
- 1 1/2 cups Fontina cheese, grated, for topping

Per Serving (excluding unknown items): 477 Calories; 28g Fat (53.3% calories from fat); 44g Protein; 11g Carbohydrate; 3g Dietary Fiber; 148mg Cholesterol; 582mg Sodium; 5g Total Sugars; trace Vitamin D; 323mg Calcium; 4mg Iron; 736mg Potassium; 498mg Phosphorus. Exchanges: 1 1/2 Grain(Starch).

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