

Lamb Shepherd's Pie

Author: Adapted from a recipe on Epicurious.

Carolyn T's
Internet
Cookbook

Servings: 8



- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 whole yellow onion, minced
- 3 whole carrots, cubed or sliced
- 2 stalks celery, diced
- 2 whole garlic cloves, minced
- 4 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- 1 cup red wine
- 2 cups broth, beef or chicken
- 3 tablespoons Worcestershire sauce
- 1 pound lamb, cooked, cubed
- 2 teaspoons dried thyme

Salt and pepper to taste

MASHED POTATOES:

- 3 pounds Yukon Gold potatoes
- 3 tablespoons milk, or cream, or half and half
- 2 tablespoons unsalted butter
- 2 ounces cream cheese
- Salt and pepper to taste

Serving Ideas: This dish is very versatile. Use whatever vegetables you have on hand. Peas are a common addition, but I don't like gray peas, so often add them on top of the potatoes AFTER I take the dish out of the oven to keep them bright green. You can use red or white wine. Worcestershire sauce is a very British tradition, so I always include that too. The original recipe included leeks also, and turnips in the vegetable mixture.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 430 Calories; 21g Fat (47.1% calories from fat); 13g Protein; 41g Carbohydrate; 4g Dietary Fiber; 56mg Cholesterol; 185mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

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Description: A good use of leftover cubed lamb

1. Heat a large, heavy skillet and add the oil and butter. When it's bubbling, add the diced onion and cook for about 5 minutes. Add the carrots and celery and continue cooking until the vegetables are nearly cooked, but not soft. Add the garlic. Sprinkle the flour all over the vegetables and stir to make sure all the flour is absorbed with the vegetables. Add all of the liquid (broth and wine) at the same time and simmer until the mixture has thickened.

2. Meanwhile, bring a large pot of water to a boil and add the peeled potatoes. Simmer until the potatoes are just barely cooked through. Drain and mash while they're hot. Add the milk, butter, cream cheese and seasonings. Adjust seasonings to taste.

3. To the large skillet with the vegetables, add the lamb, thyme, Worcestershire sauce and tomato paste, and season with salt and pepper. Taste and adjust seasonings as necessary.

4. Pour or scoop the meat mixture into a deep pie dish or casserole. Spoon the mashed potatoes on top, and try to spread it to the outer edges.

5. Preheat the oven to 350 and bake the pie for about 20-30 minutes until heated through. Add cheese on top if you'd prefer it (Cheddar or Parmesan).