



CS Classic Shepard's Pie

Source: adapted from *simplywhisked*, Melissa Belanger
Bob and Robin Young *The Captains Shack*
3 March 2022 **PDF:** CS-Classic-Shepards-Pie.pdf
Prep: 20 min **Cook:** 45 min **Total:** 1 hr 5 min
Yield: 8 servings

Ingredients:

8 med Russet Potatoes, skin washed and left on
1 lg Egg, lightly beaten
4 T unsalted Butter
2 t fresh Basil
Cream or Half and Half to make potatoes smooth
1 T Vegetable Oil
½ lg Red Onion, diced
6 lg cloves Garlic, diced
2 lbs ground Lamb
¼ c All-Purpose Flour
2 T Tomato Paste
½ c Beef Stock
1 T Worcestershire Sauce
1 teaspoon Sea Salt
1 10-ounce bag frozen diced Peas and Carrots

Directions:

Preheat oven to 400°F.

Dice the potatoes and cook until soft. Drain. In a large bowl with an electric mixer, beat the egg, butter, basil and cream into the potatoes until light and fluffy. Set aside.

Heat a large ovenproof skillet to medium-high. Add oil and onion. Sauté, stirring occasionally until onions are translucent. Add garlic and cook 30 seconds.

Add ground lamb, and continue cooking until meat has browned, breaking up the meat as it cooks.

Stir flour into the pan with the meat until evenly coated.

Add tomato paste, beef stock, Worcestershire sauce, salt and frozen vegetables. Cook, stirring occasionally, until sauce has thickened, about 10 minutes. Top the shepherd's pie with potato mixture. Bake for 20 – 25 minutes, or until the mashed potatoes have set and are starting to brown on the top.