

Traditional Irish Shepherd's Pie



Ingredients: Serves: 4-6

- 1 tablespoon [olive oil](#)
- 1 teaspoon [black pepper](#)
- 1 lb [ground beef](#) or 1 lb [lamb](#)
- 1 large [onion](#), finely diced
- 3 – 4 large [carrots](#), finely diced
- 1 cup frozen peas
- 3 – 4 sprigs [fresh thyme](#), finely chopped
- 2 tablespoons [flour](#)
- 1 tablespoon [butter](#)
- 1 glass [red wine](#)
- 2 tablespoons [tomato paste](#)
- 2 tablespoons [Worcestershire sauce](#)
- 1 cup stock
- 1 large quantity [mashed potatoes](#) (estimating 1L or 6 cups, fresh or leftover)
- 1 [egg](#), beaten
- grated [parmesan cheese](#) (optional)

Directions: Prep Time: 20 mins, Total Time: 40 mins

1. Pre-heat oven to 200C/400°F.
2. Saute carrots in the olive oil until starting to get tender.
3. Add in the onions and saute for a minute or two then add the meat.
4. Season with black pepper and thyme.
5. Cook until browned then drain fat.
6. Add the butter and peas.
7. Sprinkle with flour and stir through.
8. Add tomato paste, wine and Worcestershire sauce.
9. Let this reduce slightly then add the chicken stock. Allow to reduce down until you have a thick meaty gravy. Season to your taste.
10. Remove from heat. Grease an oven proof dish** (9x13 works for me, as does an oval baker) with butter and add the sauce.
11. Spoon or pipe the mashed potatoes over top. Brush with egg and sprinkle with Parmesan cheese if using.
12. Bake for about 20 minutes or until the potato is nice and browned on top.
13. Serve as is or with some crusty bread to mop up that yummy sauce!