

Shepherd's Pie

5-10

Preheat oven to 350*

Combine

½ c. diced cooked potatoes O

1/3 c. diced cooked onions O

1/3 c. diced parboiled carrots O

I diced all raw, added a splash of white wine and microwaved "al dente"

Put in a big bowl and cool.

2 c. cold cooked meat -- diced to about the same size as veggies. I used about a 1/3 inch dice.

I fried a couple of ribeyes. Save the juice to make the gravy.

On the stove combine

½ c. gravy

1/3 c. tomato puree I used 2 T. tomato paste. O

1 T. butter

1 t. Worcestershire sauce

Horseradish to taste

My gravy got a bit thick so I thinned it out with red wine.

Add all to the veggie/meat mix and blend well. Add more red wine if necessary.

I used Organic potatoes and added Cream of Tartar to the cooking water.

1 inch dice cook drain add

¼ c. heavy cream

1-2 T. butter

Enough cooking water to whip potatoes to a dry fluffy consistency.

I reheated everything in the microwave and then put in the casserole dish.

Cover with potatoes, sprayed with olive oil and browned in the oven.

15 mins.

I switched to broil for the last few minutes.

T. = Tablespoon

t. = teaspoon

c. = cup

O = Organic

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Daughters of Scotia