

# MEALTIME HELPER

MAKING MEALTIME EASY

## Shepherd's Pie - Recipe

**Prep time:** 20 minutes

**Cook time:** 45–50 minutes

**Total time:** 1 hour 5 minutes — 1 hour 10 minutes

**Servings:** 6

### Ingredients

- 2 pounds (900 g) potatoes, peeled and cut into chunks (Yukon Gold or Russet)
- 4 tablespoons (60 g) unsalted butter, divided
- 1/3–1/2 cup (80–120 ml) milk or cream (adjust for desired mash consistency)
- Salt and freshly ground black pepper, to taste
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 carrots, diced small
- 2 celery stalks, diced small (optional)
- 3–4 garlic cloves, minced
- 1½ pounds (700 g) ground lamb (traditional) or ground beef (cottage pie)
- 2 tablespoons tomato paste
- 1 cup (240 ml) beef or lamb stock
- 1 tablespoon Worcestershire sauce
- 1 teaspoon fresh or 1/2 teaspoon dried thyme
- 1/2 cup (75–100 g) frozen peas (add near end)
- 1/2 cup (75–100 g) frozen corn (optional)
- 1–2 tablespoons all-purpose flour (optional, to thicken)
- 1/4 cup (25–30 g) grated Parmesan or 1/2 cup shredded cheddar (optional, for topping)
- Fresh parsley, chopped, for garnish (optional)

### Directions

1. **Preheat the oven:** Preheat oven to 400°F (200°C).
2. **Cook the potatoes:** Place potato chunks in a large pot, cover with cold salted water, bring to a boil, and simmer until fork-tender, about 12–15 minutes. Drain

well.

3. **Make mashed potatoes:** Return drained potatoes to the pot. Add 2 tablespoons butter and 1/3 cup milk (add more if needed), mash until smooth and creamy. Season with salt and pepper. Set aside.
4. **Sauté aromatics:** While potatoes cook, heat olive oil in a large skillet over medium heat. Add onion, carrots, and celery. Cook 6–8 minutes until softened. Stir in garlic and cook 30 seconds until fragrant.
5. **Brown the meat:** Increase heat to medium-high, add ground lamb (or beef), breaking it up with a spoon. Cook until browned and no longer pink, about 6–8 minutes. Drain excess fat if there's a lot, leaving a little for flavor.
6. **Build the filling:** Stir in tomato paste and cook 1 minute. Sprinkle flour over the mixture (if using) and stir 1 minute. Add stock, Worcestershire sauce, and thyme. Bring to a simmer and cook 4–6 minutes until slightly thickened. Stir in frozen peas and corn and adjust seasoning with salt and pepper. Remove from heat.
7. **Assemble the pie:** Transfer the meat filling to a 9×13-inch (or similar) ovenproof dish, spreading into an even layer. Dollop mashed potatoes over the filling and spread or pipe them evenly to cover completely. Use a fork to create peaks if you want a crisp, textured top. Sprinkle grated Parmesan or shredded cheddar over the mash if using.
8. **Bake:** Place the dish on a baking sheet (to catch any bubbling) and bake 20–25 minutes until the top is golden and the filling is bubbling around the edges. For extra browning, broil 1–3 minutes—watch carefully.
9. **Rest and garnish:** Remove from oven and let rest 5 minutes. Sprinkle with chopped parsley before serving.
10. **Serve:** Scoop generous portions and enjoy with steamed greens or a simple salad. Leftovers keep 3–4 days refrigerated and reheat well in the oven.

## Tips

- For richer mash, substitute half the milk with cream or fold in an extra tablespoon of butter.
- To save time, use leftover mashed potatoes or instant potatoes mixed with butter and milk.
- Swap ground beef for lamb for a classic Shepherd's Pie; beef makes it a "Cottage Pie."
- Make ahead: assemble the pie, cover, and refrigerate up to 24 hours—bake as directed, adding a few extra minutes if cold from the fridge.

Comforting, hands-on, and perfect for chilly nights — hearty, simple, and reliably delicious.