



CASSEROLE

SHEPHERD'S PIE

MAKES 6-8 SERVINGS

1. Boil potatoes in salted water until tender, about 12 minutes. Drain potatoes and pour them into a bowl. Combine sour cream, egg yolk and cream. Add the cream mix into potatoes and mash until potatoes are almost smooth

2. While potatoes boil, preheat a large skillet over medium high heat. Add oil to hot pan with beef. Season meat with salt and pepper. Brown and crumble meat for 3 or 4 minutes. Add chopped carrot and onion to the meat. Cook veggies with meat for 5 minutes, stir frequently

3. In a second smaller skillet over medium heat cook butter and flour together for 2 minutes. Whisk in broth and Worcestershire sauce. Thicken gravy for 1 minute and add to meat and vegetables before stirring in peas

4. Preheat broiler to high. Fill casserole dish with meat and vegetable mix. Spoon potatoes over meat evenly. Top potatoes with paprika and broil 6 to 8 inches from heat until browned. Top with parsley and serve

INGREDIENTS

- 2 lbs potatoes, peeled and cubed
- 2 tbsp sour cream or softened cream cheese
- 1 large egg yolk
- ½ cup cream
- Salt and freshly ground pepper
- 1 tbsp extra-virgin olive oil
- 1 ¾ lbs ground beef
- 1 carrot, peeled and chopped
- 1 onion, chopped
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1 cup beef stock
- 2 tsp Worcestershire
- ½ cup frozen peas
- 1 tsp sweet paprika
- 2 tbsp chopped fresh parsley