

## Shepherd's Pie Traditional Irish Meal

### Ingredients:

Topping: 6 medium potatoes  
¼ cup milk  
1 Tbsp butter  
Generous pinch nutmeg  
Salt and pepper to taste

Filling: 2 Tbsp olive oil  
2 medium onions, chopped  
1 Tbsp finely chopped parsley  
1 tsp each: dried thyme, sage  
1 Lb. lean ground beef  
¼ cup water  
2 medium carrots, finely chopped  
2 Tbsp all purpose flour  
1 beef bouillon cube  
1 tsp granulated sugar  
1 tsp each: ketchup, dijon mustard, Worcestershire sauce  
Salt and pepper to taste

Makes 4 servings

For topping, place potatoes in a large saucepan of cold, salted water. Bring to a boil, then simmer partially covered for about 20 minutes, or until tender. Drain. Add milk, butter, nutmeg, salt and pepper (to taste). Mash potatoes until smooth and fluffy. Keep warm.

For filling, heat oil in a large skillet over medium. Add onions, parsley, thyme and sage. Cook 5 minutes until onions have softened slightly. Add beef and water to pan, stirring frequently to break up meat, cook until no longer pink. Stir in carrots. Cover, reduce heat and cook 15 minutes, stirring occasionally.

Once the meat has cooked thoroughly, while stirring continuously, add flour, bouillon cube, sugar, ketchup, mustard, Worcestershire sauce, salt and pepper to taste. Cook 5 minutes, skim and discard fat.

Place the meat mixture in a buttered ovenproof casserole dish, about 9 inches square. Spread potato mixture on top. Score topping using the prongs of a fork.

Bake in preheated oven, 350 degrees, 30 to 40 minutes, until potatoes are golden brown and filling is hot.