

Shepherd's Pie

serves 4-6

675g lamb, coarsely minced (shoulder is a good cut)
25g lamb or beef dripping or 2 tbsp cooking oil
Butter
3 onions, finely chopped
3 carrots, cut into 1cm dice
4 celery sticks, cut into 1cm dice
½ tsp ground cinnamon
½ tsp chopped fresh thyme
½ tsp chopped fresh rosemary
1 tbsp tomato puree
2-3 glasses red wine
25g plain flour
200ml stock
Salt and pepper
2 tsp Worcestershire sauce
900g mashed potatoes, made with very little butter and milk

Season the minced lamb with salt and pepper. Fry the lamb in the dripping or oil on a very hot heat to seal and brown the meat.

Melt a knob of butter in a separate frying pan, add the vegetables, season with salt, pepper and cinnamon and then add the fresh herbs.

Cook for approximately 5 minutes until the veg has started to soften. Add the fried lamb, cook over a medium heat for a few minutes and add the tomato puree and Worcestershire sauce.

Add the red wine, the more you add, the richer the finish. Add only half a glass at a time, reducing each by three quarters. Sprinkle in the flour and cook for a few minutes.

Pour in the stock and bring to a simmer. Cook for 1 – 1½ hours. If during this time the sauce becomes too thick, add a little water to loosen.

Start making the mashed potatoes during the last half hour of cooking time.

Once the mince is ready, spoon into an ovenproof dish and spoon or pipe the mashed potatoes on top. The potato can be brushed with a little butter or sprinkled with a little grated cheese and put under a hot grill to become golden.