



# PLOT

# TO PLATE

**WOODBANK NURSERIES STOCKPORT**

**THURSDAYS 10 - 12.30PM**

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE  
HAVE A COURSE FOR YOU.

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Freeze the meat filling and mashed potato separately in freezer-proof containers. These will keep in the freezer for up to 2 months. To cook from frozen, defrost the meat and mashed potato in the fridge overnight.

## WEEK TWO

### SHEPHERD'S PIE (Serves 4)

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50g-ish oil (keep 2 tbsp separate)  
1 large onion, finely chopped  
500g/1lb 2oz minced lamb  
1 tbsp plain flour  
2 bay leaves  
2 sprigs fresh thyme  
1 anchovy, finely chopped (optional)  
1 x 400g tin chopped tomatoes  
2 tsp Worcestershire sauce  
450ml/16fl oz chicken, beef or lamb stock  
salt and freshly ground black pepper  
For the mash  
700g/1½lb potatoes, peeled and cut into halves or quarters  
55ml/2fl oz milk  
75g/3oz butter  
1 free-range egg yolk

In a large saucepan, heat the dripping. Add the onion and cook for 5 minutes. Meanwhile, in a large frying pan, heat a little olive oil and fry the mince, stirring, until browned all over. While the meat is frying, break up any lumps with the back of the spoon.

Stir the onions and add the flour (this helps to thicken the juices) and stir. Mix well and add the bay leaves, thyme and the anchovy and stir. Add the chopped tomatoes, stock (keep a little aside, for putting into the mince pan to de-glaze the pan) and Worcestershire sauce.

Add the cooked mince and then pour the stock mixture into empty mince pan, scraping off any bits of mince left in the pan. Pour the remaining stock into the pan containing the sauce mixture. Bring the mixture to the boil, adding a pinch of salt and pepper and let it simmer for about 45 minutes, stirring regularly.

Preheat the oven to 200C/180C Fan/Gas 6.

For the mash, boil the potatoes until tender (about 10 minutes). Drain, add the milk, butter and egg yolk, then mash until smooth. Season with salt and pepper. Pour the meat into a 1.4 litre/2½ pint ovenproof dish and spread the mash on top, smooth over and mark with a spatula. Put the dish into the oven and cook until the surface is golden-brown.



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#### Ingredients (serves 4)

1 tbsp oil  
1 leek, trimmed, finely chopped, 2 carrots, finely chopped  
150g/5½oz chestnut mushrooms, roughly chopped  
1 large garlic clove, finely chopped, 3 fresh sage leaves, roughly chopped  
3 sprigs fresh thyme, leaves only, finely chopped  
1 x 400g tin green or Puy lentils, drained & 1 x 400g tin chopped tomatoes  
400ml/14fl oz vegetable stock  
1 tbsp Worcestershire sauce & 1 tbsp soy sauce  
1 tsp chilli flakes (optional)  
1 tsp caster sugar (optional)  
1 tbsp of parmesan grated (optional)

#### Instructions

2 sweet & 2 floury potatoes (about 1kg/2lb 4oz in total), peeled and cut into 2cm/¾in chunks  
½ small cauliflower, leaves and root removed, separated into florets  
knob of unsalted butter

Heat the oil in a frying pan over a medium heat. Add the leeks and fry for 4-5 minutes, or until beginning to soften.  
Add the carrots, mushrooms and garlic and continue to cook, stirring regularly, for 4-5 minutes.

Add the sage, thyme, tinned lentils, tinned tomatoes, stock and stir together until well combined. Bring the mixture to the boil, then reduce the heat until it is simmering and continue to simmer for 18-20 minutes. Preheat the oven to 200C/180 Fan/Gas 6.

Bring a large saucepan of water to the boil (there's no need to add salt). Add the sweet potato and potato and boil for 10-12 minutes. Add the cauliflower and boil for a further 8-10 minutes, or until tender. Drain the vegetables well and return them to the pan. Add the butter, season well with salt and freshly ground black pepper, then mash until smooth. Set aside and keep warm.

Stir the Worcestershire sauce, soy sauce, chilli flakes (if using) and sugar (if using) into the filling mixture, which should have thickened during cooking. Continue to simmer for a further 1-2 minutes, adding a little water if the mixture is too dry (simmer for longer if the mixture is too watery). Season, to taste, with salt and freshly ground black pepper.

Transfer the filling mixture to an ovenproof baking dish, then spoon over the topping and spread into an even layer. If you like a crispy topping, create peaks in the mash using a fork. Sprinkle over the parmesan.

Bake the shepherd's pie in the oven for 18-20 minutes, or until the topping is golden-brown and the filling is bubbling.

