

Mix and Match Shepherds Pie

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*2 pounds POTATO
OPTIONS (Russet, Yukon
Gold, Red-skinned)
1 1/2 pounds MEAT
OPTIONS (ground beef,
ground lamb, ground
turkey)
2 tablespoons olive oil
1 chopped onion or sliced
leek
2 chopped large carrots,
parsnips or turnips
salt (to taste)
pepper (to taste)
1/2 teaspoon Kosher salt
few grinds pepper
2 cloves chopped garlic
1 teaspoon chopped fresh
thyme
3 tablespoons tomato paste
1 tablespoon
Worcestershire sauce
3/4 cup dry white OR red
wine, tomato juice or stout
1 cup low-sodium broth
1 cup FROZEN
VEGETABLE OPTIONS
(peas, corn, lima beans,
mixed small veggies)
4 tablespoons butter
2/3 cup half-and-half OR
milk
ASSEMBLY OPTIONS (2
chopped scallions, 1 grated
clove of garlic, 3/4 cup
grated sharp cheddar
cheese, 1 to 2 tablespoons
Dijon mustard, 2
tablespoons prepared
horseradish)*

Preheat the oven to 425 degrees,

COOK THE POTATOES: Peel two pounds of potatoes (Choose one of three options). Cut into large chunks. You can leave the skin on Yukon Gold or red-skinned potatoes. Cover the potatoes with cold water in a large pot. Season with salt and bring to a boil. Reduce the heat to a simmer. Cook until tender, 20 minutes.

MAKE THE FILLING: While the potatoes cook, heat the olive oil in a large skillet over medium heat. Stir in the onion and carrots. Season with salt and pepper. Cook, stirring, until the vegetables are soft, 5 to 7 minutes.

Increase the heat to medium-high. Add the ground meat (Choose one of three options). Cook, breaking up the meat with a wooden spoon, until no longer pink, 6 minutes. Spoon off the fat. Season the meat with Kosher salt and pepper. Stir in the garlic and thyme. Cook until softened, 1 to 2 minutes.

Make a space in the center of the skillet. Add the tomato paste. Cook, stirring, until darkened, about 1 minute. Stir into the meat along with the Worcestershire sauce. Stir in the wine. Simmer until the skillet is nearly dry, about 2 minutes. Add the broth. Simmer until the mixture is saucy, 4 to 5 minutes.

CHOOSE YOUR MIX-INS: Stir in the frozen vegetables (Choose one of four options). Transfer the filling to a three-quart baking dish.

ASSEMBLE THE DISH: Drain the potatoes. Return to the pot. Add the butter and half-and-half. Mash well. Season the potatoes with salt and pepper. Add up to three of the Assembly options. Spread the potatoes over the meat with the back of a spoon.

Bake until the topping is golden, about 20 minutes. Let cool at least 10 minutes.

Per Serving (excluding unknown items): 707 Calories; 73g Fat (90.6% calories from fat); 3g Protein; 14g Carbohydrate; 2g Dietary Fiber; 124mg Cholesterol; 1944mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 14 1/2 Fat; 0 Other Carbohydrates.