

Cottage Pie

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Servings: 4

1 pound Yukon Gold potatoes, peeled and cut into two-inch pieces

Kosher salt

pepper

2 tablespoons unsalted butter, room temperature

2 tablespoons olive oil

1 large onion, chopped

2 medium (about 8 ounces) peeled and cut into 1/4-inch pieces

1 1/4 pounds lean (90%) ground beef

3 tablespoons tomato paste

1/2 cup beer (lager or stout)

1/2 teaspoon beef bouillon

1/2 cup flat-leaf parsley, roughly chopped

fresh thyme (for topping)

Preparation Time: 25 minutes

Place the potatoes in a medium saucepan. Cover with cold water. Bring to a boil. Add two teaspoons of salt. Reduce the heat. Simmer until tender, 12 to 15 minutes. Reserve one-half cup of the cooking liquid. Drain the potatoes. Return to the pot.

Mash with butter, adding some reserved cooking liquid (two tablespoons at a time) to reach a smooth mash.

While the potatoes are cooking, add the oil and onions to a nine- to ten-inch cast-iron skillet. Cook, covered, on medium for 3 minutes.

Add the carrots. Cook, covered, stirring occasionally, until the vegetables are just tender, 5 to 6 minutes. Add the beef. Cook, breaking up with a spoon into small pieces, until no longer pink, 3 to 5 minutes.

Stir in the tomato paste, cinnamon, 1/2 teaspoon salt and 1/2 teaspoon pepper. Cook for 1 minute. Stir in the beer, 1/2 cup of water and then the bouillon. Simmer until the mixture slightly thickens, about 3 minutes. Fold in the parsley.

Heat the broiler.

Spread the potatoes over the beef. Top with thyme, if desired.

Broil until golden brown, 2 to 4 minutes.

Per Serving (excluding unknown items): 225 Calories; 13g Fat (50.1% calories from fat); 4g Protein; 25g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 109mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 2 1/2 Fat.