

Shepherd's Pie

For the base:

2 tablespoons sunflower oil

500g lamb mince

1 large onion, finely chopped

1 carrot, finely chopped

2 celery sticks, chopped

2 garlic cloves, finely chopped

1 tablespoon plain flour

1 tablespoon tomato purée

100ml red wine

400ml beef stock

1 tablespoon Worcestershire sauce

1 tablespoon fresh thyme leaves

For the topping:

1.5kg sweet & regular potatoes

100ml milk

50g butter

Resources: 2 large saucepans, wooden spoon, knives, vegetable peeler, masher, measuring jug, tablespoons, scales.

1. Heat 1 tablespoon oil in a large saucepan and fry the mince until browned. Set aside as it browns. Put the rest of the oil into another pan, add the vegetables and cook on a gentle heat until soft, about 20 minutes. Add the garlic, flour and tomato purée, increase the heat and cook for a few minutes, then return the beef to the pan. Pour over the wine and boil to reduce it slightly before adding the stock, Worcestershire sauce and herbs. Bring to a simmer and cook, uncovered, for 45 minutes. By this time the gravy should be thick and coating the meat. Check after about 30 minutes – if a lot of liquid remains, increase the heat slightly to reduce the gravy a little. Season well with salt and pepper.

2. Meanwhile, make the mash. In a large saucepan, cover the potatoes in salted water, bring to the boil and simmer until tender. Drain well, then allow to steam-dry for a few minutes. Mash well with the milk and butter, then season with some salt and pepper.

3. Spoon meat into an ovenproof dish. Spoon on the mash to cover. To cook heat oven to 190C and cook for 25-30 mins, or until the topping is golden.