

# Shepherd's Pie

Use the recipe for Silky Whipped Potatoes as the topping. This recipe is excellent for leftover whipped potatoes. There are many ways to make a Shepard's Pie. Some people prefer to use lamb, some prefer leftover chuck roast (my personal favorite), and some use ground beef. This recipe uses ground beef because that is the most common and easiest for most people. But know that you can substitute lamb or leftover stew meat, chuck roast, etc. A Shepard's Pie is not meant to be a fussy dish, so don't get too stressed out over it.

## Ingredients:

1 3/4 lbs ground beef or ground lamb

1 carrot peeled and chopped

1 onion chopped

2 tbsp butter

2 tbsp flour

1 cup of beef broth

2 tsp Worcestershire Sauce

1/2 cup frozen peas

1 tsp parsley

Salt and pepper to your liking

## Directions:

Partially brown your meat in a skillet and then drain off any excess fat. Lamb will be more fatty than beef. Then add the onion and carrots and cook for about 4 minutes until the meat is cooked. Stir often, so the mixture does not burn. In a second pan, over low heat, cook the butter and flour together for a minute, constantly stirring, so it does not burn, and then add the broth and stir until the mixture is smooth. Add the Worcestershire sauce. This is your gravy for the filling. Add the gravy to the meat and vegetables. Smooth the top over with room temperature whipped potatoes.

Bake at 400° F for about 20 minutes. Your filling is already cooked, so this does not require much time. Make sure you don't burn your potatoes. Enjoy with a slice of Irish Brown Bread, and you have just made yourself Darcie's first meal in Ireland!

# Silky Whipped Potatoes

## Ingredients:

4 pounds russet potatoes  
1 1/2 cups whole milk  
1 stick butter  
2 tsp salt  
Pepper to taste

## Directions:

Peel and slice the potatoes into roughly two inch chunks. Here is where we get a little fussy but it's worth it. Fill your pot with about one inch of water and make a few balls of aluminum foil to set in the water. Take a steam basket and place over the top of the foil. The balls of foil are raising the basket so it does not sit in the water. We are going to steam the potatoes. If you don't have a steam basket take a sheet of foil, poke holes in it and lay over the balls of foil. Place the potatoes in the basket, put the lid on the pot, and steam over medium heat for 20 minutes or so. The potatoes are done when you can stab them with a fork and they split because they are soft.

Place the milk and butter in a small bowl and microwave just long enough to heat the milk and melt the butter. Place the steamed potatoes in a stand mixer and add the warm milk mixture and the salt. Mix on low at first or it will splash everywhere. It will look a bit soupy at first but have no fear, it will thicken when you speed up the mixing. Mix on high speed a minute or two until smooth.