

COTTAGE PIE

Ingredients:

1/2 medium yellow onion chopped finely
1 clove garlic, minced
1/2 carrot, finely diced
1/2 stalk celery, finely diced
15 ml oil
250 g lean ground beef
15 ml flour
25 ml ketchup
5 ml Worcestershire Sauce
60 ml peas
60 ml corn
1/2 bay leaf
5 ml parsley, seasoned salt
175 ml beef stock
1 large potato
40 ml butter
50-75 ml milk
Salt and Pepper to taste
Parsley optional
Dots of butter on top

Method:

1. Preheat the oven to 375 F. Lightly grease the sides of your casserole dish.
2. Peel and cut the potatoes into a large chunks and add them to a medium pot of boiling water. Have just enough water to cover the potatoes. Add a little salt and boil till very tender but not breaking down.
3. While the potatoes are boiling dice the onion, carrot, celery and mince the garlic. Heat the oil in the teflon frypan and add the onion, carrot, celery and minced garlic and cook till clear in colour. Add the ground beef in small bits and cook it using your lifter to break up the beef so it is nice and fine.
4. When the potatoes are cooked drain the water off the potatoes with the lid and return the pot to the element on low heat. Add the butter and milk and warm them for a minute.. Mash the potatoes with the large masher first. Then use the electric mixer and whip on high till they are smooth, creamy and have no lumps. Add more milk if needed to make them smooth and creamy. Add salt to taste.
5. When the beef is thoroughly browned stir in the flour and beef stock and cook for one minute. Then add the ketchup, W sauce, peas, corn, parsley, bay leaf, salt and pepper. Stir thoroughly to combine. Bring it to a boil then reduce the heat and cover, simmering for 10 mins to blend the flavors. The mixture should be quite thick. Remove the bay leaf and discard.
6. Spoon the beef and vegetable mixture into the bottom of the casserole dish and then spoon or pipe the creamy mashed potatoes over top. Sprinkle with paprika, parsley or seasoning salt for flavour and colour. Dot the top with butter and bake for 15 mins.