

Shepherd's Pie



Ingredients:

- 1 lb lamb stew meat
- ½ white onion diced
- 1 large shallot sliced
 - 1 carrot diced
 - 1T tomato paste
- 1t Worcestershire Sauce
 - ½ T fresh thyme
 - ½ T fresh rosemary
 - 3T flour
 - 1 cup beef stock
- ½ cup each frozen peas
 - ½ cup frozen corn
- 1 parmesan mashed potatoes

Directions

1. Chop the lamb into bite sized pieces and season generously with salt and pepper. Saute onion in oil for 5-10 minutes until soft. Add lamb, shallot, and carrot and continue cooking until lamb is brown.
2. Stir in tomato paste, Worcestershire sauce, and herbs and cook for two minutes. Sprinkle flour over and cook for an additional two minutes.
3. Add beef stock and stir to form a gravy. Bring to a boil and add peas and corn. If the mixture isn't loose enough add water a small amount at a time. Cook for five minutes. Season to taste with additional salt and pepper.
4. Add mixture to a casserole dish. Top with mashed potatoes. Bake for 20 minutes in a 400° oven or until the potatoes are slightly brown on top. Remove from oven and let rest for 10 minutes before serving.