

Cottage Pie or Shepherd's Pie

Minced meat, cooked in a rich stock with vegetables, topped with creamy mashed potato. This is a classic British dish which contains all the food groups – protein, carbohydrates, minerals, vitamins and fibre.

Shepherd's pie traditionally contains lamb mince and cottage pie contains beef mince, but you can use Quorn for a delicious vegetarian alternative.

Ingredients

1 onion,
1 carrot,
3 potatoes for mashing,
quarter cabbage,
250g minced beef or lamb,
1 stock cube/pot
oven proof dish (wrapped in a tea towel if made of ceramic or glass)
potato masher – if possible

pinch of salt,
half teaspoon pepper
teaspoon mixed herbs
Splash or two of Worcestershire sauce

Tablespoon milk
Tablespoon butter/marg
Tablespoon veg oil
Tablespoon flour

Method

1. You will need a knife, green/brown chopping board, 2 saucepans, a wooden spoon, a sieve, a tablespoon, a teaspoon, jug with 250ml water.
2. CHECK THE OVEN SHELVES are in the right place for everyone in your kitchen to fit their oven-proof dishes in the oven at the same time!
3. Turn on the oven to 200 degrees, gas mark 6.

Prepare the veg

1. Wash, peel and dice the potato and put the pieces in a saucepan.
2. Wash, peel and dice the carrot and put the pieces in a separate saucepan.
3. Peel and finely chop the onion and add it to the carrot.
4. Wash, slice and finely chop the cabbage and set aside on a plate for later.

Cook the potato

1. Cover the potato pieces fully with water and add a pinch of salt.
2. Boil the potatoes for 5 minutes
3. Now stir in the cabbage.
4. Bring back to boiling point
5. Boil for another 5 minutes or until the potato pieces are easy to crush with the wooden spoon.
6. Turn off the heat
7. Put a sieve in the sink.
8. Pour the hot potatoes and cabbage into the sieve and drain away all the water.
9. Tip them back into the saucepan and add a tablespoon of milk, a tablespoon of butter/marg, half a teaspoon of salt and a pinch of pepper.
10. Now mash with the potato masher until creamy!
11. Taste the mash and add more seasoning, if needed.
12. Put the pan to one side while you cook the meat sauce.

Cook the meat sauce

1. Add 1 tablespoon veg oil to the onions and carrots in the other pan.
2. Cook over a medium heat until the onions are soft, transparent and turning golden. Keep stirring!
3. Now add the minced meat/Quorn
4. Stir as the meat cooks, to make sure it cooks evenly.
5. When the meat is all light brown, stir in a tablespoon of flour really well. It will stick to the meat juices.
6. Add the 250ml water from the jug.
7. Stir well. You are now making a gravy!
8. Add the stock cube and a teaspoon of herbs.
9. Add Worcestershire sauce, if you have any.
10. Add half a teaspoon of pepper and a pinch of salt if you think the sauce needs it.
11. Leave to simmer for 10 minutes, stirring occasionally to stop the meat from sticking to the pan.
12. Turn off the heat.
13. Taste the sauce and add more seasoning if needed.

Assemble the pie

1. Pour the meat into the oven-proof dish.
2. Scrape as much out of the pan as possible – it will help avoid messy washing up!
3. Spoon the mashed potato/cabbage on top of the meat sauce.
4. Scrape as much out of the pan as possible – it will help avoid messy washing up!
5. Smooth the surface, or make a pattern with a fork.
6. Sprinkle on cheese, if you brought any.
7. Put into the oven for 10-15 minutes.

Wash up really well and make sure the hob is spotless..

At home

1. Reheat until piping hot all the way through before serving. Test the temperature of the middle of the pie by putting a knife blade through the middle and pulling it out quickly. If the blade is too hot to touch, the pie has reheated enough.