

SHEPHERD'S PIE

INGREDIENTS FOR POTATO MIX

- 1/4 C Healthy oil
- 1 Onion (spanish) (large) (diced)
- 1 clove Garlic (diced small)
- 1 t Kosher salt
- 1 t Pepper (to taste)
- 1 1/2 lbs Potatoes (russet) (peel) (cut in 1/2 inch dice)
- 1/4 C Quinoa 'milk' (unsweetened) **OR** Hemp 'milk'
- 2 oz Margarine (unsalted)
- 3/4 t Kosher salt
- 1/4 t Black pepper (freshly ground)
- 1 Egg yolk



INGREDIENTS FOR THE MEAT FILLING

- 2 T Healthy oil
- 1 C Onion (chopped)
- 2 Carrots (peeled)(diced small)
- 2 cloves Garlic (minced)
- 1 1/2 lb Meat - Lamb (ground) **OR** Beef (ground) **OR** vegetarian mock beef
- 1 t Kosher salt (since lamb & beef are kashered with salt - you may not need to add this ingredient)
- 1/2 t Black pepper (freshly ground)
- 2 T Flour (of your choice)
- 2 t Tomato paste
- 1 C Chicken broth **OR** vegetarian 'chicken' broth
- 1 t Worcestershire sauce (see note below on page 2)
- 2 t Rosemary leaves (freshly chopped)
- 1 t Thyme leaves (freshly chopped)
- 1/2 C Corn (fresh or frozen)



Wan Ja Shan vegetarian Worcestershire Sauce

DIRECTIONS FOR POTATO MIX

- 1 Place the oil in a sauce pan & add onions, garlic, salt & pepper
- 2 Stir occasionally until the onions & garlic are nicely caramelized
- 3 Place potatoes in cold water in a medium saucepan set over high heat, cover & bring to a boil
- 4 Once boiling, uncover, decrease the heat to maintain a simmer & cook until tender (10-15 minutes)
- 5 Place the margarine in a safe container & heat in the microwave until warmed through (35 seconds)
- 6 Drain the potatoes in a colander & then return to the saucepan
- 7 Mash potatoes & then add the 'milk', margarine, salt & pepper & continue to mash until smooth
- 8 Stir in the yolk until well combined & set mix aside



Recipe continues on page 2 below



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DIRECTIONS TO COMPLETE THE RECIPE

- 1 While the potatoes are cooking, prepare the filling.
- 2 Preheat the oven to 400 F
- 3 Place the oil into a 12-inch saute pan & set over medium high heat
- 4 When oil shimmers, add onion & carrots & saute just til they begin to take on color (3 - 4 minutes)
- 5 Add the garlic & stir to combine
- 6 Add your choice of 'meat', salt & pepper & cook until browned & cooked through (3 minutes)
- 7 Sprinkle your meat with the flour & toss to coat, cook for another minute
- 8 Add the tomato paste, chicken broth, Worcestershire, rosemary, thyme & stir to combine
- 9 Bring to a boil, reduce the heat to low, cover & simmer slowly (10-12 minutes) **OR** until the sauce is thickened slightly
- 10 Add the corn & peas to the meat mix & spread evenly into an 11 by 7 inch glass baking dish
- 11 Top with the mashed potato mix
- 12 Start around the edges to create a seal to prevent mix from bubbling up & smooth with a spatula
- 13 Place on a parchment lined 1/2 sheet pan on the middle rack of the oven
- 14 Bake for 25 minutes **OR** just until the potatoes begin to brown
- 15 Remove to a rack to cool before serving (10 minutes)

NOTES

- 1 Serves 8
- 2 **Keeping Kosher** - Can Worcestershire Sauce be used to flavor meat & chicken?
 - A. Whether or not worcestershire sauce can be used as a flavoring for meat or poultry depends upon the percentage of anchovies used in the ingredients.
 - B. Anchovies are small fish.
 - C. The halacha doesn't permit the mixing of meat & fish because of sakana (danger), halachic health concerns.
 - D. However, if the amount of anchovies is less than 1/60, i.e., less than 1.66% of the ingredients, the fish would be batul b'shishim (nullified in the sauce) & wouldn't be considered a health concern.
 - E. For example, a sauce marked **STAR-K Fish** contains more than 1.66% fish, where as a sauce with anchovies marked with only a **STAR-K** uses less & is acceptable.
- 3 **Fish Allergy** - only vegetarian Worcestershire sauce is fish free
 - A. Only vegetarian Worcestershire sauce is fish free
 - B. Tamari is often substituted for Worcestershire sauce - be aware it has soy as an ingredient

