



## Bison and Red Wine Shepherd's Pie

READY IN



45 min.

SERVINGS



6

CALORIES



1274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup flour
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3.5 pounds beef short ribs boneless cut into 2-inch cubes
- ☐ 1 cup canned tomatoes canned crushed
- ☐ 0.5 cup carrots peeled chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon kosher salt

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- ☐ 2 cups wine dry red (such as Syrah)
- ☐ 1 large eggs
- ☐ 1 large eggs beaten to blend
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 3 garlic clove chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon paprika sweet
- ☐ 2.7 cups chicken broth
- ☐ 2 tablespoons olive oil ()
- ☐ 1 cup onion chopped
- ☐ 1 cup parmesan cheese finely grated
- ☐ 1.5 cups parsnips peeled
- ☐ 10 ounces pearl onions
- ☐ 2 pounds baking potatoes peeled quartered
- ☐ 0.3 pound slab bacon
- ☐ 12 turnip trimmed peeled
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 1 tablespoon water
- ☐ 0.8 cup milk whole

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk

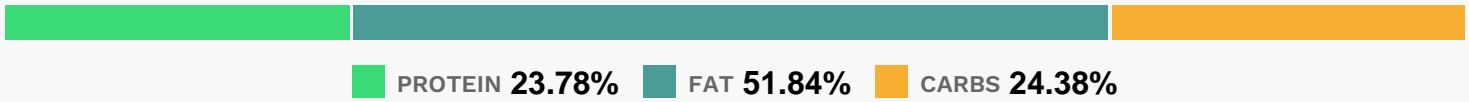
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan

## Directions

- ☐ Whisk first 4 ingredients in large bowl.
- ☐ Add bison; toss.
- ☐ Heat large pot over medium heat.
- ☐ Add bacon; cook until crisp.
- ☐ Transfer to paper towels.
- ☐ Add 2 tablespoons oil to pot; increase heat to medium-high. Working in batches, cook bison until browned, adding more oil by tablespoonfuls as needed. Return to same bowl.
- ☐ Add chopped onion, carrot, celery, and garlic to pot; cover and cook until vegetables soften, stirring occasionally, about 5 minutes.
- ☐ Add wine; bring to boil, scraping up any browned bits.
- ☐ Add broth, tomatoes, bay leaves, thyme, sage, reserved bacon, and bison. Reduce heat to low. Cover; simmer until bison is tender, stirring occasionally, about 2 hours (beef may take 1 1/2 hours).
- ☐ Meanwhile, cook pearl onions in large saucepan of boiling salted water 2 minutes.
- ☐ Transfer to bowl of ice water; trim and peel.
- ☐ Transfer bison to rimmed baking sheet.
- ☐ Cut meat off bones; cut meat into 3/4-inch cubes.
- ☐ Add parsnips and turnips to pot with bison sauce. Simmer until tender, stirring occasionally, 10 to 15 minutes.
- ☐ Add pearl onions; cook 5 minutes. Return meat to pot. Season with salt and pepper.
- ☐ Cook potatoes in large pot of boiling lightly salted water until tender, 18 to 20 minutes.
- ☐ Drain.
- ☐ Heat milk, butter, and cream in medium saucepan until almost boiling. Rice potatoes into large mixing bowl; add milk mixture, 1 teaspoon coarse salt, and 1/2 teaspoon pepper and whisk until smooth and slightly cooled, about 2 minutes.

- ☐ Whisk in egg.
- ☐ Preheat oven to 400F. Spoon bison filling into 3-quart (13x9x2-inch) baking dish. Spoon mashed potatoes over; smooth top to cover completely.
- ☐ Beat egg and 1 tablespoon water to blend.
- ☐ Brush over potatoes, then sprinkle cheese all over. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Bake pie until top is browned and filling is heated through, 30 to 40 minutes (50 to 60 minutes if chilled).
- ☐ Let rest 10 minutes.
- ☐ Try a full-bodied red, like the 2007 Auguste Bessac Crozes-Hermitage (France, \$20), with the shepherd's pie.

## Nutrition Facts



## Properties

Glycemic Index:107.93, Glycemic Load:39.35, Inflammation Score:-10, Nutrition Score:59.126521898353%

## Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

## Nutrients (% of daily need)

Calories: 1273.87kcal (63.69%), Fat: 70.56g (108.56%), Saturated Fat: 32.26g (201.64%), Carbohydrates: 74.68g (24.89%), Net Carbohydrates: 63.4g (23.05%), Sugar: 19.56g (21.74%), Cholesterol: 308.52mg (102.84%), Sodium: 1918.01mg (83.39%), Alcohol: 8.4g (100%), Alcohol %: 0.92% (100%), Protein: 72.84g (145.67%), Vitamin B12: 9.79µg (163.2%), Vitamin B6: 2.17mg (108.31%), Zinc: 15.86mg (105.76%), Phosphorus: 979.67mg (97.97%), Vitamin C: 76.69mg (92.96%), Copper: 1.83mg (91.33%), Selenium: 61.52µg (87.88%), Potassium: 2755.12mg (78.72%), Vitamin B3: 15.59mg (77.93%), Vitamin A: 3464.86IU (69.3%), Manganese: 1.2mg (60.16%), Iron: 10.17mg (56.48%), Vitamin

B2: 0.91mg (53.61%), Vitamin B1: 0.74mg (49.18%), Fiber: 11.28g (45.1%), Magnesium: 170.03mg (42.51%), Calcium: 389.68mg (38.97%), Folate: 143.81µg (35.95%), Vitamin B5: 2.94mg (29.37%), Vitamin K: 23.54µg (22.42%), Vitamin E: 3.16mg (21.08%), Vitamin D: 1.35µg (8.99%)