



Bison and Red Wine Shepherd's Pie

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour
- ☐ 2 bay leaves
- ☐ 0.5 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

- ☐ 2 cups wine dry red (such as Syrah)
- ☐ 1 large eggs
- ☐ 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

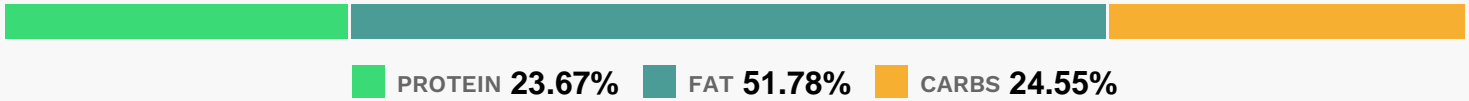
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

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 400°F. 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.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 102.6, Glycemic Load: 39.31, Inflammation Score: -10, Nutrition Score: 58.29130400782%

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 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: 1261.11kcal (63.06%), Fat: 69.76g (107.32%), Saturated Fat: 32g (199.98%), Carbohydrates: 74.4g (24.8%), Net Carbohydrates: 63.21g (22.99%), Sugar: 19.53g (21.7%), Cholesterol: 277.52mg (92.51%), Sodium: 1324.74mg (57.6%), Alcohol: 8.4g (100%), Alcohol %: 0.93% (100%), Protein: 71.75g (143.5%), Vitamin B12: 9.72µg (161.96%), Vitamin B6: 2.15mg (107.55%), Zinc: 15.75mg (105%), Phosphorus: 962.64mg (96.26%), Vitamin C: 76.69mg (92.96%), Copper: 1.82mg (90.78%), Selenium: 58.94µg (84.2%), Potassium: 2739.07mg (78.26%), Vitamin B3: 15.58mg (77.88%), Vitamin A: 3418.04IU (68.36%), Manganese: 1.16mg (57.85%), Iron: 9.98mg (55.46%), Vitamin B2: 0.87mg (51.33%), Vitamin B1: 0.73mg (48.94%), Fiber: 11.19g (44.76%), Magnesium: 168.44mg (42.11%), Calcium: 383.17mg (38.32%), Folate: 139.84µg (34.96%), Vitamin B5: 2.8mg (28.05%), Vitamin K: 22.97µg (21.87%), Vitamin E: 3.07mg (20.47%), Vitamin D: 1.18µg (7.88%)