



Lamb and Eggplant Shepherd's Pie

READY IN



45 min.

SERVINGS



10

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 servings flour
- 3 cups beef broth organic (preferably)
- 2 tablespoons butter ()
- 28 ounce frangelico diced canned
- 10 servings kosher salt
- 1 cup wine dry white
- 1.5 pound eggplant unpeeled cut into 3/4-to 1-inch cubes
- 2 garlic clove minced
- 2 pounds lamb shoulder boneless cut into 1-inch cubes

- 2 tablespoons olive oil extra virgin extra-virgin
- 3 cups onion chopped
- 1 tablespoon oregano dried
- 2.5 pounds baking potatoes peeled cut into 1-inch cubes
- 0.8 cup milk whole

Equipment

- bowl
- sauce pan
- oven
- pot

Directions

- Scatter eggplant on rimmed baking sheet.
- Sprinkle with coarse salt; let stand 1 hour, tossing occasionally. Rinse eggplant and pat very dry.
- Heat 3 tablespoons oil in heavy large pot over medium-high heat.
- Add eggplant and sauté until tender, about 12 minutes.
- Transfer to medium bowl.
- Sprinkle lamb generously with coarse salt and pepper, then dust with flour to coat.
- Heat 2 tablespoons oil in same pot over medium-high heat.
- Add half of lamb. Sauté until browned, about 8 minutes.
- Transfer lamb to large bowl. Repeat with 2 tablespoons oil and remaining lamb.
- Add 1 additional tablespoon oil to same pot, if needed.
- Add onions. Cover and cook over medium-low heat until very tender, about 10 minutes (bottom of pot will be very dark).
- Add wine to pot. Increase heat and boil until wine evaporates, scraping up browned bits, about 5 minutes.
- Add tomatoes with juice, broth, garlic, and oregano and bring to boil.

- Add lamb with any accumulated juices. Cover; reduce heat to low and simmer 1 hour. Uncover and continue to simmer until lamb is very tender and gravy thickens slightly, about 45 minutes. Stir in eggplant. Season with salt and pepper.
- Transfer to 13x9x2-inch glass baking dish. DO AHEAD: Can be made 3 days ahead. Cool slightly. Cover and chill.
- Preheat oven to 375°F. Cook potatoes in large pot of boiling salted water until tender, about 14 minutes.
- Meanwhile, melt butter with oil in medium saucepan over medium-high heat.
- Add garlic. Sauté until fragrant, about 1 minute.
- Add milk and bring to simmer.
- Drain potatoes. Return to pot. Stir over medium heat until excess moisture evaporates.
- Add milk mixture and mash potatoes until just smooth. Stir in cheese. Season with coarse salt and pepper. Drop potatoes over filling by heaping tablespoonfuls, covering completely.
- Bake pie until filling is heated through and topping is golden, about 45 minutes.
- * A firm white cheese made from sheep's milk; available at many supermarkets and at Greek markets and some Italian markets.

Nutrition Facts



PROTEIN 23.25%

FAT 27.55%

CARBS 49.2%

Properties

Glycemic Index: 35.47, Glycemic Load: 22.32, Inflammation Score: -8, Nutrition Score: 16.797826036163%

Flavonoids

Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 311.28kcal (15.56%), Fat: 9.15g (14.07%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 31.99g (11.63%), Sugar: 6.3g (7%), Cholesterol: 44.79mg (14.93%), Sodium: 536.61mg (23.33%), Alcohol: 2.47g (100%), Alcohol %: 0.63% (100%), Protein: 17.37g (34.73%), Vitamin B6: 0.64mg (31.91%), Vitamin B3: 6.18mg (30.89%), Vitamin B12: 1.68µg (28%), Potassium: 963.63mg (27.53%), Manganese: 0.53mg (26.71%), Selenium: 17.43µg (24.89%), Phosphorus: 241.52mg (24.15%), Zinc: 3.07mg (20.47%), Fiber: 4.76g (19.04%), Vitamin B1: 0.28mg (18.94%), Folate: 70.37µg (17.59%), Vitamin B2: 0.29mg (17.19%), Iron: 2.97mg (16.52%), Magnesium: 63.94mg (15.99%), Vitamin C: 11.71mg (14.2%), Copper: 0.27mg (13.7%), Vitamin B5: 1.14mg (11.41%), Vitamin K: 9.79µg (9.32%), Calcium: 78.77mg (7.88%), Vitamin E: 0.92mg (6.16%), Vitamin A: 125.92IU (2.52%), Vitamin D: 0.2µg (1.34%)