



Shepherd's Pie

READY IN



155 min.

SERVINGS



8

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 tablespoons butter cold
- 3 carrots peeled cut into 1/4-inch dice
- 3 ribs celery cut into 1/4-inch dice
- 3 cups chicken stock see
- 0.5 cup flour
- 2 cloves garlic smashed finely chopped
- 0.8 cup heavy cream
- 8 servings kosher salt

- 2 pounds lamb shoulder boneless cut into 1/2-inch dice
- 2 large leeks white cut into 1/2-inch dice
- 8 servings olive oil extra-virgin as needed
- 1 cup peas frozen
- 1 cup red wine
- 1 bundle thyme fresh
- 0.3 cup tomato paste
- 2 pounds yukon gold potatoes cut into 1-inch dice

Equipment

- frying pan
- sauce pan
- baking pan
- broiler

Directions

- Coat a wide pan with olive oil and bring to a medium-high heat. Season the lamb with salt and toss with the flour.
- Add the lamb to the pan and brown well on all sides.
- Remove the lamb from the pan and reserve. Ditch the oil in the pan and add a splash new olive oil.
- Add the leeks, celery, and carrots to the pan. Season the mixture with salt and cook, stirring frequently until the vegetables are soft and very aromatic, about 8 to 10 minutes.
- Add the garlic and cook 2 to 3 minutes more.
- Add the lamb back to the pan and stir to combine.
- Add the tomato paste and cook until the tomato paste starts to brown, about 2 to 3 minutes.
- Add the wine and cook until it reduces by 1/2
- Add enough stock to just cover the surface of the lamb. Taste and season with salt, if needed. Toss in the bay leaves and thyme bundle. Bring the stock to a boil and reduce to a simmer. Partially cover and simmer for 1 hour, or until the lamb is tender. When the stock level reduces

replace with more to keep the meat submerged.

- Place the potatoes in a medium saucepan and cover by 1-inch with tap water. Season the water with salt and bring the water to a boil. Boil the potatoes until they are fork tender, about 15 minutes.
- Drain the water from the potatoes and pass them while they are still hot through a food mill. In a small saucepan over medium-high heat, bring the cream to a boil. Beat the cold butter and hot cream into the pureed potatoes. Taste and season with salt, if needed. The potatoes should be creamy and very flavorful.
- Remove the lid from the lamb and add the peas. Simmer for 15 minutes more to allow the stock level to reduce. Taste and adjust the seasoning, if needed. When done, the lamb mixture should be thick and stew-like.
- Remove the bay leaves and thyme bundle and discard.
- Preheat the broiler.
- Transfer the lamb to a wide, flat baking dish.
- Spread the mashed potatoes over the lamb mixture in an even layer.
- Place the baking dish under the preheated broiler. Broil until the potatoes are golden brown and crispy.

Nutrition Facts



PROTEIN 17.11% **FAT 51.84%** **CARBS 31.05%**

Properties

Glycemic Index:62.36, Glycemic Load:21.93, Inflammation Score:-10, Nutrition Score:27.509130602298%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg
Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.25mg, Quercetin: 1.25mg,
Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 540.44kcal (27.02%), Fat: 30.13g (46.36%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 35.22g (12.81%), Sugar: 7.35g (8.17%), Cholesterol: 81.16mg (27.05%), Sodium: 506.72mg (22.03%), Alcohol: 3.18g (100%), Alcohol %: 0.92% (100%), Protein: 22.37g (44.75%), Vitamin A: 4951.85IU (99.04%), Vitamin C: 36.63mg (44.4%), Vitamin B3: 8.45mg (42.24%), Vitamin B6: 0.68mg (33.9%), Vitamin K: 35.18µg (33.5%), Selenium: 23.12µg (33.03%), Vitamin B12: 1.95µg (32.49%), Potassium: 1129.01mg (32.26%), Phosphorus: 298.01mg (29.8%), Manganese: 0.56mg (27.76%), Zinc: 3.96mg (26.42%), Vitamin B2: 0.43mg (25.56%), Vitamin B1: 0.36mg (24.11%), Folate: 92.26µg (23.06%), Iron: 4.04mg (22.45%), Vitamin E: 3.28mg (21.83%), Fiber: 5.4g (21.58%), Copper: 0.38mg (18.91%), Magnesium: 74.96mg (18.74%), Vitamin B5: 1.12mg (11.2%), Calcium: 80.51mg (8.05%), Vitamin D: 0.36µg (2.38%)