



Shepherd's Pie

READY IN



4500 min.

SERVINGS



6

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 0.3 teaspoon pepper black
- 5 slices carrots
- 0.5 cup wine dry white
- 5 tablespoons flour all-purpose
- 2 teaspoons thyme sprigs fresh chopped
- 2 tablespoons garlic chopped
- 0.5 cup cup heavy whipping cream
- 2 lb lamb shoulder boneless cut into 1-inch cubes

- 4 medium leek white green cut into 1/2-inch-thick slices (and pale parts only)
- 0.5 cup milk
- 10 oz pearl onions
- 2 lb baking potatoes (baking)
- 1 teaspoon salt
- 1.5 tablespoons tomato paste
- 2 medium turnip peeled cut into 1/2-inch pieces
- 3 tablespoons butter unsalted
- 1 cup water

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- pot
- sieve
- casserole dish
- aluminum foil
- broiler
- ziploc bags
- slotted spoon
- colander
- potato ricer

Directions

- Blanch onions in a 2- to 3-quart pot of boiling salted water 1 minute, then transfer with a slotted spoon to a bowl of cold water to stop cooking.

- Drain onions and peel, trimming root ends with a paring knife. Wash leek slices in a bowl of water, agitating them, then lift out and drain in a medium-mesh sieve.
- Preheat oven to 350°F.
- Pat lamb dry and sprinkle with 1 teaspoon salt and 1/4 teaspoon pepper. Put lamb and 3 tablespoons flour in a sealable plastic bag, then seal bag and shake to coat lamb.
- Melt 2 tablespoons butter in casserole dish over moderately high heat until foam subsides, then brown half of lamb, turning, about 6 minutes.
- Add 1 tablespoon garlic and cook, stirring, 2 minutes.
- Transfer browned lamb and garlic to a plate with a slotted spoon and repeat with remaining lamb and tablespoon garlic (do not add more butter).
- Add wine to casserole dish and deglaze by boiling over high heat, stirring and scraping up brown bits, 1 minute, then stir in tomato paste and boil, stirring, until liquid is reduced by half, about 5 minutes.
- Add broth, water, thyme, browned lamb with any juices that have accumulated on plate, onions, leeks, carrots, turnips, remaining teaspoon salt, and remaining 1/4 teaspoon pepper and stir to combine. Bring to a simmer over moderately high heat, then remove from heat.
- Cover dish with lid or foil and braise lamb and vegetables in middle of oven, stirring once or twice, until lamb is tender, 1 1/2 to 2 hours. Season with salt and pepper.
- Peel and quarter potatoes. Cover potatoes with salted cold water by 1 inch in a 4-quart heavy pot, then simmer, uncovered, until very tender, 20 to 25 minutes.
- Drain in a colander.
- Bring cream, milk, and butter to a simmer in same pot over moderate heat, stirring occasionally until butter is melted, then remove from heat and stir in salt and pepper. Force hot potatoes through ricer into hot cream mixture and stir gently to combine. Keep warm, covered.
- Preheat broiler.
- Make a beurre manié by stirring together remaining 1 1/2 tablespoons butter and remaining 2 tablespoons flour in a small bowl to form a paste. Spoon 1 cup cooking liquid from casserole dish into a small saucepan and bring to a boil.
- Whisk in beurre manié, then simmer, whisking occasionally, until thickened, about 2 minutes. Gently stir sauce into lamb and vegetables.
- Spoon potatoes over lamb and vegetables and spread evenly with a fork, making a pattern with tines. Broil about 3 inches from heat until top is golden, about 3 minutes.

- Lamb filling (without topping) can be made 1 day ahead and cooled, uncovered, then chilled, covered. Bring to a simmer over low heat before topping with warm potatoes and broiling.

Nutrition Facts

PROTEIN 21% **FAT 32.76%** **CARBS 46.24%**

Properties

Glycemic Index:90.6, Glycemic Load:33.87, Inflammation Score:-10, Nutrition Score:35.009999959365%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 533.25kcal (26.66%), Fat: 19.27g (29.64%), Saturated Fat: 10.49g (65.57%), Carbohydrates: 61.19g (20.4%), Net Carbohydrates: 53.27g (19.37%), Sugar: 13.9g (15.45%), Cholesterol: 100.86mg (33.62%), Sodium: 769.9mg (33.47%), Alcohol: 2.06g (100%), Alcohol %: 0.4% (100%), Protein: 27.79g (55.58%), Vitamin A: 18568.77IU (371.38%), Vitamin B6: 1.12mg (55.85%), Vitamin B3: 9.63mg (48.14%), Manganese: 0.96mg (47.88%), Potassium: 1632.67mg (46.65%), Vitamin B12: 2.72µg (45.41%), Vitamin C: 36.67mg (44.45%), Vitamin K: 46.18µg (43.98%), Phosphorus: 398.87mg (39.89%), Selenium: 27.51µg (39.3%), Zinc: 5.18mg (34.51%), Folate: 130.71µg (32.68%), Fiber: 7.92g (31.67%), Iron: 5.46mg (30.31%), Vitamin B1: 0.45mg (30.25%), Vitamin B2: 0.49mg (29%), Magnesium: 108.7mg (27.18%), Copper: 0.48mg (24.17%), Vitamin B5: 1.85mg (18.45%), Calcium: 178.39mg (17.84%), Vitamin E: 2mg (13.31%), Vitamin D: 0.65µg (4.31%)