

Shepherd's Pie with Piped Potato



Basic Mince Ingredients:

- 250g Mince Lamb or a Vegetarian Alternative
- 250ml Stock of your Choice or a 400g Tin of Tomatoes
- 1 Large Onion
- 1 Garlic Clove
- 1 Level Tablespoon of Plain Flour (School to Provide)
- Seasoning of Your Choice (Fresh or Dried)

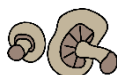


Please bring an ovenproof dish to assemble your product in. You also need a lid or a piece of tin foil to cover the dish at the end of the lesson.

Additional Mince Ingredients:

- Pepper
- Mushrooms
- Courgette
- Carrot
- Celery
- Swede
- Peas
- Chilli (Fresh, Flakes or Powder)
- Lea and Perrins

Or any Vegetables of Your Choice



Ingredients for Potato Topping:

- 750g Potatoes
- 30g Butter
- 2 Tablespoons Milk
- Salt and Pepper



Method:

1. Preheat the oven to 200°C or gas mark 6.
2. Half fill a saucepan with warm water and put it onto boil. This should be placed at the back of the hob.
3. Meanwhile, peel the potatoes with a vegetable peeler; make sure the peelings go onto the plate. Cut the potatoes into even size pieces. Ensure the pieces are not too small or they will turn to mush when cooking.
4. Add the potatoes to the boiling water, once the water reaches boiling point, turn the water down until it is simmering and cook for 20 minutes.
5. While the potatoes are cooking, ensure all other ingredients are weighed and prepared.
6. Place the mince lamb straight into the second saucepan and place this at the front of the hob. Do not turn the hob on. Ensure you wash your hands thoroughly after touching the raw meat.
7. Add any hard vegetables to the saucepan of raw meat, hard vegetables include onions, celery, swede or carrots.
8. Prepare and crush the garlic, add this straight to the saucepan with the raw mince lamb.
9. If you are using stock, add the stock cube to a measuring jug and top up with 250ml of warm water. Set this aside.
10. Ensure the mince lamb, onions, garlic and any hard vegetables are in the saucepan. You do not need to add any oil to the saucepan unless you are using Quorn.
11. Heat for 5 minutes to brown off the mince lamb.
12. Add in any additional vegetables and heat for a further 5 minutes.
13. Add all other ingredients such as the stock / tinned tomatoes and any seasoning / Lea and Perrins. This should be heated through for a further 5 minutes. If the mixture is too watery, add a tablespoon of plain flour, mix thoroughly.
14. After 20 minutes of cooking the potatoes, check the potatoes are ready, place a sharp knife into one of the potatoes and it should slip off easily. If the potatoes are ready, drain the water from the potatoes using a colander over the small part of the sink. If the potatoes are not ready, continue to heat until they are. Place the potatoes back into the saucepan and ensure the saucepan is placed on a pan stand so it does not burn the work surface. Mash in the butter. Add the milk a small amount at a time as you may not need to use all of this. Add in the salt and pepper.
15. Once the mince lamb sauce is cooked, spread the mixture into the ovenproof dish and pipe the mash over the top.
16. Cook for 20 to 35 minutes, until the potato is golden brown. Ensure the product is piping hot all the way through and it has a core temperature of 75°C before serving.

