

# BBC Shepherd's Pie

[http://www.bbc.co.uk/food/recipes/shepherdspie\\_2077](http://www.bbc.co.uk/food/recipes/shepherdspie_2077)

## Ingredients

The main ingredients are fully from the BBC recipe which is for four people – expect to freeze half of it. The mash is for two people (half the BBC recipe) – there'll be no freezing of the mash.

Main	Mash
<ul style="list-style-type: none"><li>• One tbsp. olive oil (for onion)</li><li>• One tbsp. olive oil (for mince)</li><li>• Two tbsp. plain flour</li><li>• One large onion</li><li>• 500g minced lamb</li><li>• Two bay leaves</li><li>• Two sprigs fresh thyme</li><li>• One anchovy</li><li>• One tsp. Worcestershire sauce</li><li>• One x 400g tin chopped tomatoes</li><li>• 550ml beef or lamb stock</li><li>• Salt and ground black pepper</li></ul>	<ul style="list-style-type: none"><li>• 400g (*700g*) potatoes</li><li>• 30ml (*55ml*) milk</li><li>• 40g (*75g*) butter</li><li>• One egg (yolk only)</li></ul> <p>(* *) indicates amount for four people</p>

## Utensils

<ul style="list-style-type: none"><li>• Large frying pan (for mince)</li><li>• Large saucepan (for onion, main ingredients)</li><li>• Medium saucepan (for potatoes)</li><li>• Large measuring jug (for stock)</li><li>• Small measuring jug (for milk)</li><li>• Large plastic chopping board</li><li>• Kitchen scales (for mince, potatoes, butter)</li><li>• Cooking spatulas (for mince)</li><li>• Potato peeler</li><li>• Potato masher</li><li>• Cheese grater</li><li>• Two tablespoons</li><li>• One teaspoon</li><li>• One rectangular ovenproof dish – has angular sides</li><li>• Tupperware for main meal</li></ul>
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## Preparation

1. Use large plastic chopping board and chop / dice the onion
2. Finely chop the anchovy and thyme sprig
3. Peel potatoes and chop into quarters
4. Boil water in kettle, then measure into jug; pour in stock concentrate and stir with fork (cover with plate)
5. Cut and weigh butter
6. Grate cheese

## Cooking

1. In the large saucepan, heat 1 tbsp. olive oil then add the diced onion and cook for five minutes (stirring all along).
2. Concurrently, in the large frying pan, heat one tbsp. olive oil and fry the mince, break up small with the spatula to enable more even cooking. Stir until gently browned.
3. Add the chopped tomatoes, stock and Worcestershire sauce to the saucepan. Add the flour and stir in the saucepan. Add the bay leaves, thyme and the anchovy. Stir.
4. When the mince is cooked, pour it into the saucepan. Bring the saucepan mixture to the boil, adding a large pinch of salt and pepper and let it simmer for about forty-five minutes, stirring regularly. Remove bay leaves when done.
5. Pour half the cooked mince into an ovenproof dish and half the mince into a Tupperware bowl.
6. For the mash, boil a full kettle then pour into saucepan – add the potatoes. Boil the potatoes until tender (about twelve minutes - poke with a fork) then drain water from pan. Add the milk, butter and egg yolk; mash until smooth. Season with salt and pepper.

## Final Baking

1. Preheat the oven to 200°C, put baking tray on middle shelf.
2. Spread the mash on top of the ovenproof dish with a fork, working in from the edges and then smooth to the middle.
3. Put grated cheese on top of the potato, mix in with fork where possible.
4. Put the ovenproof dish onto the baking tray and cook until the surface is golden-brown (approximately thirty to thirty-five mins).

<http://www.goodhousekeeping.com/food-recipes/cooking/tips/a24814/most-common-mashed-potato-mistakes/>