

Shepherd's Pie



Ingredients

- 800g Beef Mince
- 1 tablespoon plain flour
- 50g butter
- 1 leek, white part finely diced
- 1 large carrot, finely diced
- 4 juniper berries, lightly crushed
- 1 tablespoon rosemary leaves
- ½ cup red wine
- 1 cup beef stock
- sea salt and freshly ground black pepper
- 4 large potatoes, peeled and quartered
- 1 teaspoon salt
- butter and cream or milk to taste
- ¼ cup grated parmesan

Method

1. Toss the meat in the flour. Melt half the butter in a large frying pan and brown the meat well. Remove and set aside.
2. Melt the remaining butter in the same pan, add the leek and carrot and cook over medium heat for minutes.
3. Add the juniper berries and rosemary, wine and stock, and stir over high heat until the mixture boils.
4. Return the meat to the pan, turn the heat down to low, and cook, uncovered, for 40 minutes or until the meat is tender and the mixture thick. Season to taste.
5. In a large saucepan, cover the potatoes with cold water and add 1 teaspoon salt. Bring to the boil and simmer for 20 minutes or until soft. Drain and mash well, adding a knob of butter and cream or milk to taste.
6. To serve, divide the meat mixture among 4 heatproof serving plates. Spoon mash on top and sprinkle with parmesan. Place under a hot grill until the cheese has melted and the top is golden.
7. If you prefer, place the meat in one large ovenproof serving dish, top with mash, sprinkle with parmesan, and place in a 220°C/200°C (fan forced) oven until the parmesan melts and the top is golden (about 15 minutes).

Recipe brought to you by Peninsula Bulk Meats