

Cottage Pie/Shepherd's Pie by Lynn's Recipes



Lynn demonstrates how to make a Cottage Pie, also known as Shepherd's Pie. This is a great dinner idea. Serve with a salad for a complete meal. This was a viewer request from Dylan. From Oprah.com

Ingredients:

- 2 Tablespoons corn oil
 - 2 small yellow onions, finely chopped
 - 1-1/2 pounds ground beef
 - 1/3 cup all-purpose flour
 - 1-2 teaspoons dried thyme
 - 2 cups water
 - 1 Tablespoon Kitchen Bouquet browning and seasoning sauce
 - 2 beef bouillon cubes
 - 1 Tablespoon Worcestershire sauce
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- 2 pounds peeled and cubed red potatoes
 - ½ stick butter
 - 2 teaspoons salt
 - 1/8 teaspoon ground white pepper
 - 1/8 teaspoon grated nutmeg
 - 1 egg yolk
 - ¼ cup heavy cream
 - 1 cup grated Cheddar cheese

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In a large saucepan, heat oil and add the finely chopped onion. Saute until the onion is soft and translucent. Add the ground beef, breaking up and sauté until the beef has lost all of its color. Gradually stir in the flour, thyme, 2 cups water, Kitchen bouquet, beef bouillon cubes and Worcestershire sauce.

Reduce the heat to low and simmer for 30-45 minutes until the sauce has thickened. Remove the meat from the pan with a slotted spoon and put in a casserole dish, that has been sprayed with cooking spray.

Potato Topping:

Place the potatoes in a large pot and add cold water to 1 inch above the potatoes. Cover the pot and bring to a boil over high heat. Lower the heat to a simmer and cook until the potatoes are tender when pricked with a fork (about 20 minutes). Drain off the water. Mash the potatoes with a potato masher. Stir in the nutmeg, cream, egg yolk, butter, salt, and pepper.

Cover the entire meat mixture with the mashed potatoes. Sprinkle the top of the potatoes with the grated Cheddar cheese.

Bake in a preheated 350° oven for 20-30 minutes.

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