FREE RECIPE CARD NO. 008

KOOK'S SHEPHERD'S PIE

Rich lamb beneath golden mash. Built for sharing.



⏱️ QUICK INFO

- • Serves: 6
- • Prep: 25 minutes
- • Filling: 30 minutes
- • Bake: 25–30 minutes
- • Rest: 10 minutes
- • Total: about 1 hr 35 min

🍏INGREDIENTS

🥕 FILLING
• 15 ml neutral oil
• 500 g lamb mince
• 1 large onion, finely diced
• 2 carrots, finely diced
• 2 garlic cloves, crushed
• 40 g tomato paste
• 30 g plain flour
• 400 ml reduced-salt beef or lamb stock
• 15 ml Worcestershire sauce*
• 1 tsp each dried thyme & rosemary
• 150 g frozen peas
• Salt and pepper

🥔 MASH
• 1 kg floury potatoes, peeled & cut evenly
• 50 g butter
• 100 ml warm milk
• Salt and pepper

*Check label: some contain fish.

METHOD

1. Brown the lamb
Work in batches so it fries rather than steams.

2. Build the gravy
Cook vegetables; add paste, flour, stock and herbs.

3. Reduce properly
Simmer until a spoon track holds 2–3 seconds.

4. Make dry, smooth mash
Steam-dry potatoes; add warm milk and butter.

5. Cool, top and bake
Let filling settle, fork the mash, then bake until golden.

🥔 THE STORY

Shepherd's pie grew from practical British and Irish home cooking: savoury meat beneath potato. Historical names and meats overlapped; today shepherd's pie usually means lamb, while beef makes cottage pie.

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🔥 KOOK'S SECRET

Draw a spoon through the filling. If the track holds for 2–3 seconds before slowly closing, the gravy is thick enough to support the mash.

Full recipe and printable card: kookssecrets.com

KOOK’S SHEPHERD’S PIE — FULL METHOD

THE CALM, COMPLETE METHOD

1. BROWN THE LAMB

Heat oil in a wide pan. Brown lamb in 2 batches over medium-high heat, breaking it into small pieces. Let it colour before stirring; transfer to a bowl. Drain excess fat.

2. BUILD THE GRAVY

Lower the heat. Cook onion and carrot for 8 minutes. Add garlic and tomato paste for 1 minute. Return lamb; stir in flour for 1 minute, then gradually add stock, Worcestershire and herbs.

3. REDUCE UNTIL THICK

Simmer uncovered for 20–25 minutes. A spoon track should hold 2–3 seconds with no watery pool. Add peas for the final 3 minutes; season. Transfer to a 2 L dish and cool 15 minutes.

4. STEAM-DRY THE POTATOES

Start potatoes in cold salted water. Simmer 15–20 minutes until tender. Drain, return to the hot pan for 1 minute, then mash with butter and enough warm milk to make it spreadable.

5. TOP WITHOUT SINKING

Spoon mash around the edge first, then fill the centre. Spread gently and roughen with a fork for crisp ridges. Place the dish on a tray.

6. BAKE, REST + SERVE

Bake at 200°C / 180°C fan for 25–30 minutes until golden, bubbling and at least 75°C in the centre. Rest 10 minutes before serving.

💡 THE THRIFT LESSON

This dish grew from leftovers, gravy and potatoes. For a lower-cost version, use 350 g lamb plus one drained 400 g tin of brown lentils. Add the lentils with the peas and keep the same spoon-track test.

COOL LEFTOVERS IN PORTIONS • REFRIGERATE UP TO 2 DAYS • REHEAT ONCE UNTIL PIPING HOT

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