

Vanessa's Shepherd's Pie with Buttermilk Yukon Gold Topping

🍴 4 – 6 servings ⌚ 90 minutes

Vanessa Currie is a potato researcher, the keeper of the progeny of Yukon Gold and a fabulous cook.



- 1 lb (450 g) ground lamb from
Salem View Farms
- 1 medium onion, chopped from
Full Circle Farms
- 1 garlic clove, chopped from
Full Circle Farms
- 2 tbsps (30 mL) all purpose flour
- 1 cup (250 mL) beef stock
- 1tsp (5 mL) dried thyme
- ¼ cup (60 mL) chopped fresh parsley
- 1 tbsp (15 mL) Worcestershire sauce
- Salt and pepper, to taste
- 1 – 1 ½ cups (250 – 375 mL) frozen peas
'n carrots or fresh peas and carrots
from Gleenlee Gardens
- 6 – 7 medium Yukon Gold potatoes
from Harwill Farms
- ½ cup (125 mL) unsalted butter or
garlic butter from Harwill Farms
- ¼ – ½ cup (60 – 125 mL) buttermilk

Instructions

In a skillet, fry the lamb till starting to brown. Stir in the onion and garlic, continue cooking until the mixture is well browned. Stir in the flour and cook for 20 – 30 seconds. Whisk in the stock and cook till the mixture begins to thicken. Season with the thyme, parsley, Worcestershire sauce, salt and pepper. Stir in the peas and carrots or the peas. Transfer to a lightly oiled medium-sized casserole.

Scrub the potatoes, quarter them and cook in a large pot of boiling well salted water. When tender, drain and whip in the unsalted butter and buttermilk. Season generously with salt and pepper. Mix well and mash coarsely and spread over the meat. Run a fork over the top to get little ridges which brown up nicely when cooked. Bake, uncovered at 375°F (190°C) for one hour, until it is golden on the top and bubbling around the sides.

Recipe from Anita Stewart's CANADA: The Food, The Recipes, The Stories (Harper Collins Canada 2008/2014).



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