

SHEPHERD'S PIE, FULLY



THE COOKFUL

Edited by Lyndsay Burginger and Christine Pittman

Shepherd's Pie, Fully

St. Patrick's Day is coming up so we sat down to brainstorm about our favorite Irish dishes. Corned beef was top of the list of course. I mentioned colcannon, a true personal favorite. Then somebody said, "Shepherd's Pie." I said, "That's not Irish. It's English." The response, "Who cares. It's soooo good." And so, somehow, we decided to celebrate St. Patrick's Day by featuring an English dish.

Oh well. At least it's got lots of potatoes on it! That's pretty Irish.

Just so you know, I looked into it further after that and shepherd's pie is both English and Irish. So we're good.

Another thing I learned about shepherd's pie is from my husband who is British and a self-declared expert. He says that Americans make shepherd's pie wrong. That it's supposed to have ground lamb in it, not ground beef (because shepherds herd sheep, not cows. Duh). He says that if you use ground beef then you have to call it cottage pie.

I dug into this a bit. It seems he's kind of right and kind of wrong. It looks like the phrases shepherd's pie and cottage pie have been used interchangeably for a long long time by many people even in the UK. However, many others, like my husband, use the above distinction.

We're not that particular over here at The Cookful so we decided to embrace it all. In this book you'll find a classic beef Shepherd's Pie (erm...Cottage Pie) and a classic lamb Shepherd's Pie. To help you out, we have a tutorial on how to grind your own meat, in case you can't find ground lamb

at your grocery store. In addition to those articles we have amazing tips for making the best mashed potatoes, a step-by-step guide to making the best meat-and-gravy filling, a vegetarian/vegan shepherd's pie and even a breakfast shepherd's pie. I think you're going to really love this book. Shepherd's pie is definitely delicious no matter what you call it.

O.K., let's get Irishy (or Britishy). Oh heck. Let's just eat!

Christine

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Edited by Lyndsay Burginger and Christine Pittman. Designed by [Garnishing Co.](#)

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Shepherd's Pie Essentials

By Lyndsay Burginger

Crikey! Look at all these kitchen tools and essentials I can use for my Shepherd's Pie.

Essentially speaking, Shepherd's Pie doesn't require any special utensils, however nothing is better than online shopping. And pretending you're walking along High Street while surfing the web for cooking tools sounds pretty good to me, don't you think?

The first thing you need to think about is a pan to sauté your meat and make your sauce. We like this [this one](#), because it fits all the filling comfortably. We like using a simple [wooden spoon](#) for stirring. Once the filling is all cooked up, we like to bake the pie in a [7 x 9 pan](#). This is because we figured out the perfect ratio of potatoes and meat fits beautifully in this pan. If you're feeding a crowd though, go for a bigger dish like [this one](#).

And speaking of potatoes, you probably want something to peel them. And let's face it, no one likes peeling potatoes! However, having a [nice, sharp peeler](#) will make your job a little

Shepherd's Pie Essentials

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easier. Once peeled, cut those potatoes up with a [chef's knife](#), and drop them in a [large pot](#) of cool water.

Once cooked, you have a couple of options of what to use to mash those taters up. We prefer to use the old-fashioned method of simply using a [masher](#) and a little bit of arm strength. However if gadgets are more your style, a [potato ricer](#) is a great tool which results in super creamy potatoes.

One last thing...something to wear while you make your shepherd's pie. We recommend [this](#), because we agree whole-heartedly with the sentiment!



Cottage Pie / Classic Shepherd's Pie with Beef

By Christine Pittman

Shepherd's pie or cottage pie? It's all in the beef. And we have a Classic Beef Shepherd's Pie recipe for you that is so good you won't care what it's actually called.

Ask an American and it's shepherd's pie. Ask across the pond and they'll chuckle and say we don't know what we're talking about.

In the UK shepherd's pie is made with ground lamb. If you make the same thing with ground beef, as Americans typically do, they call it cottage pie.

Whether you call it shepherd's pie or cottage pie, it's good stuff. Meat and veggies in a rich gravy under a good thick layer of mashed potatoes. Don't call it anything. Just dig in.

Beef Shepherd's Pie

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Yield: 6 servings

Prep Time: 25 minutes

Cook Time: 25 minutes

Total Time: 50 minutes

Ingredients:

For the Filling

1 Tbsp. vegetable oil
1 small onion, finely chopped
2 carrots, peeled and finely chopped
2 cloves garlic, minced
2 sprigs thyme or 1 tsp dried thyme
1 1/2 lbs. ground chuck, or other medium fat ground beef
1 tsp. salt
1/2 tsp. pepper
2 Tbsp. flour
1 Tbsp. tomato paste
1 cup beef broth (low sodium)
2 tsp. Worcestershire sauce
3/4 cup frozen corn, defrosted
3/4 cup frozen peas, defrosted

For the Mashed Potato Topping

2 1/2 lbs. Russet potatoes, peeled and cut into 1/2-3/4 inch dice
1 Tbsp. salt
2 Tbsp. butter
1/4 cup milk, heated
1 egg yolk

For the Filling

1. Heat the oil in a medium sauté pan over medium-high heat. Add the onions and carrots and cook until softened, about 5-6 minutes. Add garlic and thyme and stir. Immediately add in the ground beef, salt and pepper. Stir occasionally until meat is cooked through, about 7-8 minutes. Drain excess fat.
2. To meat, add flour and tomato paste. Stir until incorporated and cook for 1-2 minutes. Stir in the beef broth and Worcestershire sauce.
3. Bring mixture to a boil, then reduce heat to a simmer, stirring occasionally until very thick, 2-3 minutes. Remove thyme sprigs.
4. Add defrosted corn and peas. Taste and season with salt and pepper, if needed.

For the Mashed Potato Topping

5. Place cut potatoes in pot filled with cold water. Add salt. Turn heat to high and cover slightly. Once boiling uncover and drop heat to medium-high. Cook until you can pierce potatoes easily with a fork, about 10-15 minutes.
6. Strain potatoes and place back into the pot. Cook over medium heat until the potatoes are dry, about 1-2 minutes. Take off heat.
7. Add butter and mash. Once mashed stir in heated milk. Quickly stir potatoes and add egg yolk, moving quickly to prevent cooking. Taste and season with salt.

Assembly

8. Preheat oven to 425°F.
9. In 11 x 7 pan add meat mixture and spread evenly. Top with mashed potatoes starting at the corners working

Beef Shepherd's Pie

Continued from previous page

around the edge. This should seal in the meat for better chance of avoiding boil-overs.

10. Use a fork and create fast swirly motions to fluff up potatoes. Bake until potatoes are slightly browned, around 25 minutes.



Lamb Shepherd's Pie with Rosemary and Lemon Potatoes

By Christine Pittman

Jolly good show, my chap. This British classic is perfect for an afternoon with the Queen.

As we mentioned in our other Shepherd's Pie recipe, true shepherd's pie is made with lamb, not beef. We've given you a beef version and so now we're going to give you the truly traditional version.

In addition to the ground lamb, this version has rosemary in the meat filling, and for a touch of something bright, some lemon zest mixed into the potatoes.

Lamb Shepherd's Pie

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Yield: 6 servings

Prep Time: 35 minutes

Cook Time: 25 minutes

Total Time: 1 hour

Ingredients:

1 Tbsp. oil

1 small onion, finely chopped

2 cloves garlic, minced

3 Tbsp. chopped rosemary,
divided

1 and 1/2 lbs. ground lamb

1 tsp. salt

1/4 tsp. pepper

2 Tbsp. flour

1 cup beef broth (low sodium)

2 tsp. Worcestershire sauce

3/4 cup frozen peas,
defrosted

For the Lemon Mashed Potato Topping

2 and 1/2 lbs. Russet
potatoes, peeled and cut
into 1/2-3/4 inch dice

1 Tbsp. salt

1/4 cup butter

1/4 cup milk, heated

1 tsp. lemon zest

For the Filling

1. Heat the oil in a medium sauté pan over medium-high heat. Add the onions and cook until soft, about 5-6 minutes. Add garlic and 2 tablespoons chopped rosemary and stir. Immediately add in the ground lamb, salt and pepper. Stir occasionally until meat is cooked through, about 8-9 minutes. Drain away any excess fat.
2. To meat, add flour. Stir until incorporated and cook for 1-2 minutes. Add in beef broth and Worcestershire sauce.
3. Bring mixture to a boil, then reduce heat to a simmer, stirring occasionally until very thick, 2-3 minutes. Stir in remaining 1 tablespoon of rosemary.
4. Add defrosted peas. Taste and season with salt and pepper.

For the Mashed Potato Topping

5. Place cut potatoes in pot filled with cold water. Add salt. Turn heat to high and cover slightly. Once boiling uncover and drop heat to medium-high. Cook until you can pierce potatoes easily with a fork, about 10-15 minutes.
6. Strain potatoes and place back into the pot. Cook over medium heat until the potatoes are dry, about 1-2 minutes. Take off heat.
7. Add butter and mash. Once mashed stir in heated milk. Stir in lemon zest. Taste and season with salt to taste.

Assembly

8. Preheat oven to 425°F
9. In 11 x 7 pan add meat mixture and spread evenly. Top

Lamb Shepherd's Pie

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with mashed potatoes starting at the corners working around the edge. This should seal in the meat for better chance of avoiding boil-overs.

10. Use a fork and create fast swirly motions to fluff up potatoes. Bake until potatoes are slightly browned, around 25 minutes



How to Make Perfect Mashed Potatoes

By Lyndsay Burginger

Goodbye lumpy potatoes, hello creamy and delicious spuds! Here are 10 tips to make your mash better than ever. Our recipe for perfect mashed potatoes is at the end too.

Mashed potatoes should be three things: creamy, lump-free and seasoned to perfection. Follow these ten tips to bring your spuds from school cafeteria slop to 5-star restaurant quality.

1. EASY-PEASY PEELING

Potato peels can be oh-so messy. To prevent skin and dirt getting all over your cutting board, place a large sheet of plastic wrap on the board. Peel your potatoes onto the plastic wrap

Perfect Mashed Potatoes

Continued from previous page

and once the potatoes are all peeled, grab the plastic by the corners and bring them together, catching all the peels and disposing of them. Rinse the potatoes after peeling to make sure there is no residual bits of grainy dirt. You don't want that in your mash.

2. DUNK THOSE POTATOES

As you cut the potatoes, put them in a pot or bowl of cool water to prevent browning. If the water seems to be getting brown, discard the water and refill the bowl with clean water.

3. COOL, COOL WATER

Cooking potatoes is different from cooking carrots. For instance, you can drop carrots into boiling water and they will cook rather quickly. However, if you dropped diced potatoes into boiling water the outside can become mushy before the middle is anywhere near cooked. Yuck, right?

Instead, start potatoes off in cold water and bring it to a simmer. This allows for a more gradual cooking, which penetrates to the center of the potato before the outside has a chance to get mushy.

4. SALTY LIKE THE SEA

There has been a debate on whether to add salt to the beginning with the cold water or once the water has started boiling. Personally I like to salt it in the beginning just because it's a lot easier to remember than adding the potatoes, waiting for the water to boil and then adding salt. Plus, this way the potatoes are seasoned right through the cooking process, making it more even and flavorful.

5. POTATO, POHTAATO

While there are bushels of potato types to pick from, we suggest using starchy potatoes if you are planning on mashing them. The starch breaks down more easily, thus creating creamier mashed potatoes. Look for Idaho and Russets in particular.

Perfect Mashed Potatoes

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6. SLICE AND DICE

The best way to make sure your potatoes cook evenly is to cut them into uniform sizes. We like to cut ours into a 1/2-2/3 inch dice. Small enough so they cook fast but not too small that it takes forever to chop.

7. DRY 'EM OUT

After draining the cooked potatoes put the potatoes back in the pot, turn the heat to medium, and stir occasionally letting the potatoes dry out for a few minutes. This leads to more flavorful and less waterlogged potatoes. You can tell the potatoes are fully dry when the bottom of the pan looks starchy, kind of like white flour on the bottom.

8. HEAT UP THE DAIRY

Before adding milk or cream to your potatoes, pop it in the microwave for 30 seconds to heat it up. The added heat not only absorbs better into the potatoes, but keeps your potatoes nice and warm.

9. MASH THEM UP

Stick to the basics; a [potato masher](#) and some arm strength. Looking for something absolutely lump-free? Try a [potato ricer](#)! Although, sometimes I like the lumps because it reminds me of my Mom's potatoes. Also, if they're a touch lumpy it means they're not gluey. Too much mashing can turn into a gluey mess. If you don't have a potato ricer and want smooth potatoes without the glue, try using a handheld mixer. Just do a little bit at a time though so that the glue thing doesn't start happening.

10. KEEP THEM HOT

Potatoes keep warm very well! You can make your mashed potatoes twenty minutes in advance. Place the mashed potatoes in a warm bowl and cover with foil. They'll still be steaming hot when you bring them to the table.

Perfect Mashed Potatoes

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Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

2 1/2 lbs. Russet potatoes,
peeled and cut into 1/2-3/4
inch dice

1 Tbsp. salt

2 Tbsp. butter

1/4 cup milk, heated

1. Place cut potatoes in pot filled with cold water. Add salt. Turn heat to high and cover slightly. Once boiling uncover and drop heat to a simmer. Cook until you can pierce potatoes easily with a fork, about 15 minutes.
2. Strain potatoes and place back into the pot. Cook over medium heat while stirring until the potatoes are dry, about 1-2 minutes. Take off heat.
3. Add butter and mash. Once mashed stir in heated milk. Taste and season with salt.
4. Serve immediately or cover with foil to keep warm.



How To Save Money by Grinding Your Own Meat

By Lyndsay Burginger

Keep your wallet fat by grinding your own meat. This method works great with beef, chicken, turkey and pork as well!

When we decided to make a shepherd's pie here at The Cookful, we knew we had to dive into the classic version: complete with carrots, mash and ground lamb.

But...where does one find ground lamb? Not at my grocery store, it seems. This looks like a job for some knife skills and my trusty food processor.

What's great about learning how to grind meat is how versatile it is. Pick up a BOGO package of pork, grind it up, pop it in the freezer, and use it for your dinner next week. What about some sirloin for some mouth-watering burgers? Grind it all up! Keep your eye open for when meat is on sale and buy it to grind it. You'll have premium quality ground meat at a fraction of the cost.

How to Grind Your Own Meat

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Step 1: Start out with your cut of meat. Today we chose to use a lamb leg center slice.



Step 2: In the middle of the cut is a pesky little bone. Pop that out with your fingers or use your knife to cut it out.



Step 3: Trim away the excess fat.



Step 4: Slice up the lamb into small cubes. The smaller the cube the less the food processor has to work.



Step 5: Place the cubed meat onto a pan and pop it into the freezer for 15 minutes to firm up. This makes it easier for the meat to be chopped up fine rather than be turned to mush.



Step 6: Place the cubed meat into the food processor. Pulse 10-15 times, or until the meat is ground fine. The meat should look small with a few slightly bigger chunks of meat here and there. Over-pulsing will produce a mush of a mess, and that's not good!

How to Grind Your Own Meat

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Step 7: Turn the meat out onto a pan and cook according to recipe or package it and freeze it for another day.



Make a Meat Sauce with a Roux

By Lyndsay Burginger

Brush up on your French with this great technique! Hint: it's pronounced Roo!

Roux are the basic way to thicken a gravy or sauce. Flour mixes with fat, in this case the fat from the ground beef, and then cooks, creating almost a gooey, glue like consistency. You add liquid to thin it down and then you heat it to a simmer to cook out the raw flour taste and thicken it to just the right gravy consistency.

Normally, you first melt some fat, then add flour and cook. Then add in the liquid and the other ingredients.

However, the way we're showing you today makes a fantastic meaty gravy and is faster and easier. We think it prevents lumps better than a normal roux method as well. This is the typical method that you would use when making the meat filling for a Shepherd's Pie. You can also use it anytime you have a recipe that involves cooking bits of meat or vegetables in a pan, like when making a hamburger dip, pot pie, sausage gravy, stroganoff or any meaty dish where you want meat in a gravy.

Make a Meat Sauce with a Roux

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Step 1: In a medium sauté pan over medium-high heat add oil. Cook onion and carrots (or other aromatic vegetables, but add garlic only for the last 30 seconds) until tender, about 5-6 minutes.



Step 2: Add in the ground beef and season with salt and pepper. Add the garlic and thyme or other herbs/seasonings and stir.



Step 3: Once the meat is fully cooked, skim away the excess fat. Our waistlines don't need that!



Step 4: To the meat, add tomato paste (optional) and flour. Stir until incorporated. Cook for about 1-2 minutes to dissolve the flour.



Step 5: Add in beef broth and Worcestershire sauce (optional). Stir.



Step 6: Bring mixture to a boil, then reduce heat to a simmer, stirring occasionally until very thick, 2-3 minutes. Remove thyme sprigs and your thickened mixture is ready!

Meat Sauce with a Roux

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Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

1 Tbsp. oil
1 small onion, finely chopped
2 carrots, peeled and finely chopped
2 cloves garlic, minced
2 sprigs thyme or 1 tsp. dried thyme
1 and 1/2 lbs. ground chuck
1 tsp. salt
1/2 tsp. pepper
2 Tbsp. flour
1 Tbsp. tomato paste
1 cup beef broth (low sodium)
2 tsp. Worcestershire sauce

1. In medium sauté pan, on medium-high heat, heat oil. Add the onions and carrots and cook stirring occasionally until soft, about 5-6 minutes. Add garlic and thyme and stir. Immediately add in the ground beef, salt and pepper. Stir occasionally and cook the meat through, about 7-8 minutes. Drain excess fat.
2. To meat, add flour and tomato paste. Stir until incorporated and cook for 1-2 minutes to dissolve flour. Add in beef broth and Worcestershire sauce.
3. Bring mixture to a boil, then reduce heat to a simmer, stirring occasionally until very thick, 2-3 minutes. Remove thyme sprigs. Taste and season with salt and pepper.



Which Vegetables are Allowed in Shepherd's Pie?

By Lyndsay Burginger

When is a Shepherd's Pie no longer a Shepherd's Pie?

"Let's add in some mushrooms!"

"How about some zucchini?"

"Cabbage?!"

Okay. When is a Shepherd's Pie no longer a Shepherd's Pie? When does it turn into a meat pie? Or a casserole?

I'm a purist foodie at heart. Don't make a cauliflower crust and call it pizza. Please refrain from stuffing a duck inside of a chicken inside of a turkey. You want to blend bananas and call that ice cream? No, no, please. Give me the classics and I'll be happy.

Vegetables for Shepherd's Pie

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My Shepherd's Pie requires four things: meat, potatoes, gravy and vegetables. Anything more or less, call it what you wish, but it is not Shepherd's Pie.

Now, this is all my own opinion. And I would be glad to hear some rebuttals in the comments if you think that one of these vegetables doesn't belong. Let's get started.

VEGETABLES ALLOWED

When I think of Shepherd's Pie I think of England. And when I think of England, these are the vegetables I think of:

- + Carrots
- + Turnips
- + Rutabaga
- + Parsnips
- + Peas
- + Onions
- + Leeks
- + Garlic
- + Mushrooms

I can see corn also as a vegetable, as well as celery used sparingly.

VEGETABLES NOT ALLOWED

There are some vegetables that do not belong anywhere near a Shepherd's Pie.

- + Tomatoes (Okay, wait. I'll allow a bit of tomato paste in there. But not, like, huge chunks of tomato)
- + Lettuce
- + Spinach
- + Broccoli
- + Zucchini
- + Cucumber (Whyyyyyy????)
- + Eggplant (This isn't a moussaka kiddos)
- + Jicama
- + Cauliflower
- + Radish
- + Beets (Beats me why you'd put this in)
- + The little baby corn things
- + Green peppers
- + Okra
- + Cabbage



Breakfast Shepherd's Pie

By Samantha Seeley

Rise and shine, it's Breakfast Shepherd's Pie time!

Everyone I know makes shepherd's pie a bit differently but there are two things that are always the same: ground beef and mashed potatoes. Some people mix peas and carrots into the beef, others throw in corn. I've seen it all!

Today we're going to do something a bit different. We're going to make a Breakfast Shepherd's Pie! Shepherd's Pie for breakfast? Yes!

The first thing that you should know is that instead of mashed potatoes, I use classic breakfast potatoes: hashbrowns. Hashbrowns are very much the breakfast potato of choice in our house and they are a staple in diners and kitchens throughout the country.

The second thing about this breakfast shepherd's pie that you'll find different is that it calls for ground sausage instead of ground beef. We wanted it to be similar to the original, yet more like a breakfast dish. So enter sausage, stage right.

Breakfast Shepherd's Pie

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Also, we added eggs which fluffed up in the ramekins with the sausage mixture. After all, what is breakfast without eggs?

This recipe requires you to be pretty strategic with the timing. You want to get your hashbrowns going first and then while they cook (since they take 15 minutes for each side) you can work on cooking the onions and garlic, browning the sausage, cracking and mixing the eggs with the milk and cheese, etc.

But before you start anything, I would dice and chop your produce. Chop that red pepper, dice that garlic and onion. Peel and shred those potatoes. You could even cut all of it up the night before so that you can just grab it out of the fridge and get going (except the potatoes. Those would turn brown overnight).

Another thing that you should not glaze over or skip is removing the extra moisture from the potato by placing the shredded potato in between two paper towels. You might have to do this a few times to really get it all out.

Be careful not to burn your hashbrowns by getting side tracked with the other steps. Once they are in the hot oil, they should be okay for 15 minutes on medium low heat but everyone's stove top is different and yours might need to be on low heat instead. You can check the progress of your hashbrowns by using a spatula to peek underneath.

Breakfast Shepherd's Pie

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Yield: 4 servings

Prep Time: 30 minutes

Cook Time: 45 minutes

Total Time: 1 hour, 15 minutes

Ingredients:

2 medium potatoes, peeled
and shredded

3 tablespoons olive oil,
divided

1/2 medium onion, diced

1 lb. ground sweet Italian
sausage meat

1 Tbsp. chopped fresh parsley

1 red pepper, chopped

8 eggs

1 1/2 cups milk

1 cup shredded cheddar
cheese

1. Preheat oven to 375° F.
2. After shredding the potatoes, place them between two sheets of paper towels to remove excess water.
3. Place 2 tablespoons of the olive oil in a large skillet. Heat over medium-low heat and add the shredded potatoes, pat down and form a circle. Let cook on one side until browned underneath, 10-15 minutes.
4. Place the remaining olive oil into a medium skillet over medium heat. Add the diced onions and cook until softened, 2-4 minutes.
5. Add the ground sweet Italian sausage and cook until brown. Add parsley and chopped red pepper near the end of cooking and cook for about a minute longer to soften the pepper.
6. In a medium bowl, mix together the eggs, milk and cheddar cheese.
7. Place sausage mixture in 4 individual ramekins. Pour egg mixture over top of the sausage mixture and bake in the oven until eggs are fully cooked, about 30-35 minutes.
8. After potatoes have browned underneath, flip using a spatula and continue to cook until other side is well-browned, 10-15 more minutes. Drizzle more olive oil onto the pan if needed.
9. Once eggs are cooked and hash browns are done, divide hash browns and put some on top of each ramekin. Garnish with more parsley, cheese and hot sauce, if desired.



Shepherd's Pie Stuffed Potatoes

By Christine Pittman

Less dishes, less time and it's practically handheld! Shepherd's Pie Stuffed Potatoes are my new dinner option.

One of the only draw backs of making shepherd's pie is the amount of time it takes to make everything. Peel potatoes, mash potatoes, cook the meat, then bake eeeverything together. When I have time, I love it. I pop on some I pop on some Depeche Mode (keeping with that British theme, and my own retro groove thing) and sing and cook.

However, when time is of the essence, like, Downton Abbey starts in half an hour, this recipe is perfect. Plus it's British inspired, so you could be eating something similar to what Mrs. Patmore is cooking.

To make this easy shepherd's pie variation you bake potatoes in the microwave, cut them in half and then scoop out the filling. That gets mashed up with a bit of cheese. Fill the potato shells with a hearty meat mixture and then top with the mashed potatoes. Broil just to brown the tops a bit.

Shepherd's Pie Stuffed Potatoes

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Yield: 2 servings

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Ingredients:

2 large russet potatoes

1 Tbsp. oil

3/4 lb. ground beef

1/2 tsp. salt

1/4 tsp. black pepper

1/4 tsp. garlic powder

1/4 tsp. onion powder

1 Tbsp. flour

1/2 cup beef broth

1 Tbsp. Worcestershire sauce

1/4 cup frozen corn,
defrosted

1/4 cup frozen peas,
defrosted

1 Tbsp. butter

1/2 cup shredded cheese

1/4 tsp. salt

2 Tbsp. milk

1. Preheat broiler.
2. Stab each potato in a few places with fork. Put them on a plate and in the microwave. Cook on high 5 minutes. Poke on both sides with fork. If it goes in easily, potatoes are done. If not, flip and cook for an addition 1-2 minutes.
3. In medium skillet, heat oil over medium heat. Add ground beef and stir to break up. Add salt, pepper, onion powder and garlic powder. Cook stirring occasionally until cooked through, about 7-8 minutes. Drain off fat if needed.
4. To meat add flour and stir in. Cook 1-2 minutes. Add beef broth and Worcestershire sauce and stir to combine. Stir occasionally until it reaches a simmer. Cook until thick, about 2-3 minutes. Stir in corn and peas.
5. Cut potatoes in half and scoop out middle, keeping a 1/2 inch edge. Place potato filling in bowl.
6. To the potato add butter, shredded cheese, salt and milk. Mash.
7. Fill hollowed out potatoes with meat filling. Top with mashed potatoes.
8. Place on baking sheet and broil until the tops are brown, about 3-4 minutes.

Vegetarian Shepherd's Pie

By Maria Siriano

If you aren't a meat-eater, or even if you just want reduce your meat intake, we've got the perfect vegetarian shepherd's pie recipe just for you.

Our vegetarian shepherd's pie (actually, it's even vegan too!) is not only hearty and delicious, but it's also about half the calories of more traditional recipes. Is there anything better than healthy comfort food?

In place of beef or lamb, we opted for a blend of lentils and portobello mushrooms, which give you loads of protein and meaty flavor. For an extra umami punch, we used vegan Worcestershire sauce, which doesn't include anchovies like its traditional counterpart and still tastes amazing. Yeah, you'll know you're not eating meat, but you really won't care.

For the topping, we went for a blend of cauliflower and buttery Yukon gold potatoes. Aside from boosting the health profile and being ever-so-trendy, the cauliflower lends a great flavor and creamy texture to the recipe.

Under the broiler, the topping browns up nicely and makes this dish a total showstopper, especially if you garnish it with a few sprigs of thyme to make it look super fancy.

Oh, and since the mushrooms, veggies, and lentils are all cooked in the same pan, that means fewer dishes for you at the end of this incredible meal. You are sooo welcome.



Vegetarian Shepherd's Pie

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Yield: 12 servings

Prep Time: 35 minutes

Cook Time: 25 minutes

Total Time: 1 hour

Ingredients:

For the Topping

1 1/2 lbs. Yukon gold potatoes,
peeled and cut into 1-inch
chunks

1 lb. cauliflower, cut into
florets

2 tsp. kosher salt

1/4 cup vegetable broth
salt and pepper, to taste

For the Filling

16 ounces baby portobello
mushrooms, washed and
dried

5 tsp. olive oil, divided

1 medium onion, diced

3 medium carrots, peeled
and diced

2 cloves garlic, minced

2 1/2 cups vegetable broth

1/4 cup vegan red wine

2 Tbsp. tomato paste

2 tsp. vegan Worcestershire
sauce

2 tsp. fresh thyme (or
substitute 1 teaspoon dried
thyme)

1 tsp. finely chopped fresh
rosemary (or substitute 1/2
teaspoon dried rosemary)

1 cup uncooked green lentils,
rinsed and drained

1 cup frozen peas

salt, to taste

For the Topping

1. Add potato chunks and cauliflower florets to a large saucepan. Add enough water to cover them, add the salt, and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the potatoes and cauliflower are soft and easily pierced with a fork, about 10 minutes. Drain off the water, add the potatoes and cauliflower back to the pan, and cook over low heat until most of the moisture has evaporated, about 1 minute.
2. Transfer the potatoes and cauliflower to the bowl of a stand mixer fitted with the whisk attachment. Beat on low speed until completely mashed. Add vegetable broth and beat on medium speed until combined and smooth. Season with salt and pepper, to taste. Set aside.

For The Filling

3. Preheat oven to 400°F. Quarter the mushrooms and add them to the bowl of a food processor. Pulse until the mushroom pieces are about the size of oats. (If you don't have a food processor, you can finely chop the mushrooms.)

Vegetarian Shepherd's Pie

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4. Heat 3 teaspoons of oil in a large skillet over medium-high heat. Add the mushroom pieces and cook until thoroughly browned and most of the water has cooked off, 8-10 minutes. Transfer the mushrooms to a large bowl and set aside. Add the the remaining 2 teaspoons of oil to the skillet. Add the onions and carrots to the skillet, still at medium-high heat, and cook until the onions are translucent and the carrots are softened, about 5 minutes. Add the garlic and cook for another minute. Transfer the vegetables to the bowl with the mushrooms.
5. Add the broth, wine, tomato paste, and Worcestershire sauce to the skillet, and use a wooden spoon to scrape up any browned vegetable bits from the bottom of the pan. Bring the liquid to a boil over high heat, then add the herbs and lentils. Reduce heat to medium-low and simmer for 10 minutes. Add the frozen peas and continue cooking until the lentils are al dente and most, but not all, of the liquid has been soaked up, about 10 more minutes. Remove from the heat, add the mushroom mixture to the lentils, and stir to combine. Try the filling and add salt and pepper, to taste.
6. Pour the filling into a 13x9 baking pan and spread evenly over the bottom. Carefully spread the mashed potato mixture over the surface using the back of a spoon. You can use the back of the spoon or the tines of a fork to create a decorative pattern in the mashed potatoes, if you'd like.
7. Bake for 20-25 minutes, until the mashed topping is lightly browned on top. Turn your broiler to high and brown the top under the broiler for about a minute. Serve warm.

101 Shepherd's Pie Recipes

By Lynsday Burginger

There are over 100 different Shepherd's Pie recipes? You can bet you bottom dollar we got them right here!

It's that time again where we spill out our favorite 101 recipes relating to our current topic. Our topic right now is Shepherd's Pie. This one was a bit tougher to find 101 recipes for but we did it. And they really do look pretty fantastic. Compiled below are some of our recipes from our site as well as some from other fabulous food sites.

The Cookful's Own

1. [Vegetarian Shepherd's Pie](#)
2. [Lamb Shepherd's Pie](#)
3. [Original Beef Shepherd's Pie](#)
4. [Perfecting the Meat Filling](#)
5. [Perfect Mashed Potatoes](#)
6. [Breakfast Shepherd's Pie](#)
7. [Shepherd's Pie Stuffed Potatoes](#)

Alcohol-Inspired

8. [Guinness Shepherd's Pie for Two](#)
9. [Wine Braised Beef Shepherd's Pie](#)
10. [Heineken Turkey Shepherd's Pie](#)

Serve This At a BBQ

11. [Shredded Brisket Shepherd's Pie](#)
12. [Whiskey Pulled Pork Shepherd's Pie with Cheddar Biscuit Crust](#)
13. [Buffalo Chicken Shepherd's Pie](#)
14. [Bacon Cheeseburger Shepherd's Pie](#)
15. [Smoked Pot Roast Shepherd's Pie](#)
16. [Healthy BBQ Shepherd's Pie](#)

Cheesy Pies

18. [Buttermilk-Gruyere Biscuit Topped Shepherd's Pie](#)
19. [Cream Cheese Shepherd's Pie](#)

20. [Cheesy Hashbrown Shepherd's Pie](#)
21. [Cheddar Sirloin Shepherd's Pie](#)
22. [Shepherd's Pie With Horseradish Cheddar Mashed Potatoes](#)
23. [Shepherd's Pie with Scallion-Cheese Crust](#)
24. [Cheesy Shepherd's Pie](#)
25. [Shepherd's Pie with Roasted Garlic Cream Cheese Mashed Potatoes](#)

It's All in the Way You Cook It

26. [Pressure Cooker Shepherd's Pie](#)
27. [Slow Cooker Shepherd's Pie](#)
28. [Sous Vide Shepherd's Pie](#)
29. [Shortcut Shepherd's Pie](#)

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Gluten-Free and Flavorful

30. [Gluten Free Shepherd's Pie](#)

Mini's Are In

31. [Mini Vegan Shepherd's Pies](#)

32. [Shepherd's Pie in Jars](#)

33. [Shepherd's Pie Pockets](#)

34. [Mini Vegetarian Shepherd's Pie with Purple Potato](#)

35. [Mini Shepherd's Pies](#)

Passport Worthy Pies

36. [Rachis Parmentier: French Shepherd's Pie](#)

37. [Tuscan Chicken Shepherd's Pie](#)

38. [Greek Shepherd's Pie](#)

39. [Indian Spiced Shepherd's Pie](#)

40. [Italian-Style Shepherd's Pie](#)

41. [Moroccan Shepherd's Pie with Sweet Potato](#)

42. [Mini Italian Shepherd's Pie](#)

43. [Taco Shepherd's Pie](#)

44. [Hungarian Style Shepherd's Pie](#)

Crazy For Lamb

45. [Lamb Shepherd's Pie with Garlic Mashed Potato Crust](#)

Instead of Plain Mashed Potatoes

46. [Roasted Garlic Mashed Cauliflower](#)

47. [Mashed Parsnips and Potatoes with Thyme Infused Butter](#)

48. [Broccoli and Cheese Mashed Potatoes](#)

49. [Mediterranean Mashed Potatoes](#)

50. [Chipotle Mashed Sweet Potatoes](#)

51. [Celery Root Puree](#)

52. [Blue Cheese Rosemary Potatoes](#)

53. [Creamy Garlic Mashed Potatoes](#)

54. [Turnip Mashed Potatoes](#)

55. [Smoked Gouda Mashed Potatoes](#)

56. [Garlic-Parmesan Browned Butter Mashed Potatoes](#)

57. [Roasted Garlic Whipped Cauliflower](#)

58. [Mascarpone Mashed Potatoes](#)

59. [Cheddar Pumpkin Mashed Potatoes](#)

60. [Carrot Mashed Potatoes](#)

61. [Roasted Garlic, Cheddar & Olive Oil White Bean Mash](#)

62. [Sweet Celeriac Mash](#)

Original and Traditional

63. [Summer Shepherd's Pie](#)

64. [Tavern Style Shepherd's Pie](#)

65. [Traditional Shepherd's Pie](#)

66. [Farmhouse Shepherd's Pie](#)

67. [Savory Shepherd's Pie](#)

68. [Simply Shepherd's Pie](#)

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Parsnip Pies

- 69. [Dairy Free Shepherd's Pie with Horseradish Mashed Parsnips](#)
- 70. [Chicken and Mushroom Shepherd's Pie With Parsnip Mash](#)

Pumpkin Pies (Not That Kind!)

- 71. [Shepherd's Pie with Pumpkin Filling](#)
- 72. [Beef and Pumpkin Shepherd's Pie](#)
- 73. [Shepherd's Pie with Spaghetti Squash Topping](#)

Seafood Filled

- 74. [Lobster Shepherd's Pie](#)

Spicy, Spicy

- 75. [Shepherd's Pie with Cumin & Smashed Chickpeas](#)
- 76. [Spicy Shepherd's Pie](#)
- 77. [Mini Sweet Potato Cheddar and Chorizo Shepherd's Pies](#)
- 78. [Southwestern Shepherd's Pie](#)

Stuffed With Shepherd's Pie

- 79. [Stuffed Pepper Shepherd's Pie](#)
- 80. [Twice Baked Lentil Shepherd's Pie Potatoes](#)

Sweeeeeet Potatoes

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- 82. [Paleo Curried Shepherd's Pie with Sweet Potato Mash](#)
- 83. [Sweet Potato Bison Shepherd's Pie](#)
- 84. [Curried Sweet Potato Shepherd's Pie](#)

Turkey, Not Only For Thanksgiving

- 85. [Leftover Turkey Shepherd's Pie](#)
- 86. [Turkey Shepherd's Pie with Cauliflower Topping](#)
- 87. [Turkey & Leek Shepherd's Pie](#)
- 88. [Thanksgiving Leftovers Shepherd's Pie](#)

One of a Kind Pies

- 89. [Shepherd's Pie Meatballs and Mashed Potatoes](#)
- 90. [Spooky Shepherd's Pie](#)
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Meat-Free Pies

- 95. [Portobello Shepherd's Pies](#)
- 96. [Harvest Vegetable Shepherd's Pie](#)
- 97. [White Bean Shepherd's Pie](#)
- 98. [Vegetarian Cajun Spiced Shepherd's Pie](#)
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- 100. [Mashed Cauliflower Shepherd's Pie](#)
- 101. [Golden Veggie Shepherd's Pie](#)

Contributors

Many thanks to our writers for this edition of *The Cookful*.



Lyndsay Burginger

» cookandagoodbook.com

It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for *Cook and a Good Book*, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at *The Cookful*.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of *The Cookful*. She also blogs at *COOKtheSTORY* where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Samantha Seeley

» sweet-remedy.com

Samantha blogs at *Sweet Remedy* where she focuses on alternative baking with a penchant for whole grain, vegan, gluten free and dairy-free recipes. She started baking years ago for farmers' markets and hasn't stopped since! Samantha's favorite season is fall where she delights in picking apples, pears and pumpkins until the first snow sighting.



Maria Siriano

» siftandwhisk.com

Somewhere among the towers of batter-smearied mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, *Sift & Whisk*. Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



THE COOKFUL