

Cottage Pie



Ingredients

Mince

3 garlic cloves
2 onions
Drizzle of olive oil
1kg beef or pork mince
1 beef or pork stock cube
2 tbsp oregano
½ tsp salt + pepper
2 tbsp paprika
Glug of red wine
2 carrots
200g mushrooms
50g peas

Mashed Potato 2-3 potatoes
1 heaped tbsp butter
100 ml milk
Pinch of salt + pepper

Equipment

Chopping board
Sharp knife
Large casserole pot
Frying Pan
Saucepan
Potato masher
Whisk
Large serving dish

Method

1. Preheat the oven to 200°C.
2. Start by preparing all the ingredients for the mince (as it will be easier, later on). Chop the onions, carrots, and mushrooms roughly into small pieces and leave on one side. Place these on one side. Put a large casserole dish over a medium-high heat, crush and finely chop the garlic, then add with the olive oil and chopped onions. Stir until soft.
3. Meanwhile, in a separate frying pan drizzle olive oil and brown the mince on a high heat, whilst moving with the slotted spoon, to stop it from sticking. Then add to the casserole pot. Alternatively, just add the mince without frying, and cook until it has browned, but it will have less flavour. Turn down heat to medium-low heat and add the stock cube. Mix for a few minutes longer.
4. Once brown, lower the heat so it is simmering. Add the tinned tomatoes and stir until combined. Then add the oregano, salt, pepper and paprika. Continue mixing. If there is an open bottle of red wine, add a glug, and mix in and allow the alcohol to evaporate off. If the sauce is quite watery then allow to reduce slightly. Add the carrots, mushrooms, and peas. Put the lid on, slightly ajar, and allow to simmer for 30 minutes, stirring after 15 minutes.

5. Meanwhile, make the mashed potato. Boil the kettle. Peel and chop the potatoes into large chunks. Boil the potatoes until they are soft. Drain off the water and leave the potatoes to rest in the pot for 2 minutes. Then mash the potatoes, until the lumps are gone, adding the butter and then most of the milk. Then whisk until it is light, adding the salt and pepper.
6. Place a thick layer of the mince in a serving dish and cover with the mashed potato. Using a fork run this over the top of the potato.
7. Place in the oven on a medium shelf for 20 mins.
8. About 5 minutes from being ready to serve cook some green beans in water with a pinch of salt. Cook until soft, when a fork can easily stab them, and serve.