

# Irish Shephard's Pie



## Ingredients:

### For the Meat Filling:

- 1 ½ lbs. ground lamb (or ground beef for Cottage Pie)
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 large carrots, diced
- 1 cup frozen peas
- 2 tbsp tomato paste
- 1 cup beef broth
- 1 tbsp Worcestershire sauce
- 1 tsp fresh thyme (or 1/2 tsp dried)
- 1 tsp fresh rosemary, chopped
- Salt & black pepper to taste
- 2 tbsp olive oil

### For the Mashed Potato Topping:

- 2 lbs. potatoes (Yukon Gold or Russet), peeled & cubed
- 1/2 cup of whole milk
- 4 tbsp unsalted butter
- 1/4 cup Parmesan cheese (optional, for extra flavor)
- Salt & black pepper to taste

## Instructions:

### Make the Mashed Potatoes:

Boil potatoes in salted water until tender (about 15-20 minutes). Drain and mash with butter, milk, and Parmesan (if using). Season with salt and pepper. Set aside.

### Prepare the Meat Filling:

Heat olive oil in a large skillet over medium heat. Add onions and carrots, sautéing until softened. Stir in garlic and cook for another minute. Add ground lamb and cook until browned, breaking it up with a spoon. Stir in tomato paste, Worcestershire sauce, thyme, and rosemary. Pour in beef broth, bring to a simmer, and cook until thickened (about 10 minutes). Stir in peas and remove from heat.

### Assemble the Pie:

Preheat oven to 400°F (200°C).

Spread the meat mixture evenly in a baking dish. Top with mashed potatoes, spreading to the edges. Use a fork to create texture on the surface for extra crispiness.

### Bake:

Bake for 20-25 minutes, or until the top is golden and the filling is bubbling. For an extra-crispy top, broil for 2-3 minutes at the end.

### Cool & Serve:

Let rest for 5 minutes before serving. Garnish with fresh parsley if desired.

**Tips:** Swap lamb for ground beef to make Cottage Pie. Add a sprinkle of cheddar on top before baking for a cheesy crust.

Prep Time: 20 min | Cooking Time: 45 min | Servings: 6