



Golden Shepherd's Pie

by Caroline Marson

The carrots and Red Leicester give a lovely golden potato topping. If you have fussy children this is a great recipe for getting them to eat vegetables without them noticing.

Heat the oil in a large frying pan and brown the onion. Add the meat and cook for a further 5-10 minutes. Add the tomato puree, herbs, flour, Worcestershire sauce and Marmite. Cook for 2-3 minutes. Transfer to a saucepan and add the chopped tomatoes, water or meat stock and season. Cover and allow to bubble gently for 45 minutes, stirring occasionally.

Meanwhile, for the mash, cook the potatoes in a pan of water for 20-25 minutes or until soft. Add the chopped carrots for the last 10 minutes of cooking. Drain well and return to the pan. Mash the potatoes with the carrots and add the warm milk and butter, and season well. Beat until fluffy and smooth.

Preheat the oven to 180°C (350°F) gas mark 4. Put the meat mixture into an ovenproof dish or individual freezer dishes. Top with the mash and sprinkle with the Red Leicester cheese. Decorate with the rosemary. Cook for 35-40 minutes or until golden and bubbling.

Feeds 8-10 people

Make in two dishes and freeze the second dish or freeze in individual portion containers.

- 2 tablespoons olive oil
- 500g red or white onions, peeled and roughly chopped
- 1.35kg minced lamb
- 2 level teaspoons tomato puree
- 1 teaspoon dried rosemary or thyme
- 2 level teaspoons Marmite
- 1 tablespoon Worcestershire sauce
- 50g plain flour
- 2 x 400g tins chopped tomatoes
- 500ml water or meat stock
- Salt and ground pepper

Golden Mash Potato

- 1.35kg potatoes, peeled and chopped
- 500g carrots, peeled and chopped
- 100ml warm milk
- 50g butter
- 50g Red Leicester cheese, grated
- Rosemary sprig to decorate

Time savers

If you're spending time making a shepherd's pie, fish pie or lasagne, why not double up and put half in the freezer for another day?

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FOOD
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