

EVERBLOSSOM FARM RECIPES

BY JODÉ LEMMON

jode@everblossomfarm.com

SHEPHERD'S PIE

I went all the way to Ireland. I sat down for dinner at the kitchen table of Mrs. Anne Murphy. Surely this octogenarian mother of three and grandmother of five had the most authentic shepherd's pie recipe – a family heirloom of a recipe. I gathered courage and in my most innocent and un-annoying American way, I asked her for it. But, Mrs. Murphy just looked smugly down at her plate and changed the subject. I deserved that. Who did I think I was anyway? Then, when we left she sent us home with her ancient Irish secret...a Knox flavor packet for Shepherd's Pie. I guess the real secret is that the meal can be easy and still be magical to your friends (especially if they are starry-eyed American girls).

Shepherd's Pie

Serves 8

Filling: 2 pounds ground lamb or beef 1 large onion, finely chopped 4 carrots, coarsely chopped 2 tablespoons tomato paste 2 tablespoons flour 1 to 2 tablespoons Worcestershire sauce Salt & Pepper 10 ounces frozen peas	Potato Topping: 2 ½ pounds potatoes peeled and quartered Salt & Pepper 1 cup milk 6 tablespoons butter
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Preheat oven to 425°F. Heat a large skillet over high heat. Cook meat until no longer pink. Set in a colander over a bowl to drain and discard the fat.

Add ¼ cup water to the skillet scraping up the browned bits with a wooden spoon. Reduce heat to medium; add onions and carrots. Cook until softened, about 5 minutes Stir in tomato paste and flour. Cook, stirring about 2 minutes.

Add Worcestershire sauce, 2 cups water, and meat. Season with 2 teaspoons salt and a pinch of pepper. Simmer until thickened, stirring occasionally, about 10 minutes. Stir in peas and cook for another minute. Divide among 8 ramekins, or 2 9-inch glass pie dishes.

Meanwhile, make potato topping by boiling potatoes in about 1" of salted water. Reduce heat and simmer until fork tender. Drain.

In the same pan, bring milk and butter to a simmer; remove from heat. Add back potatoes and mash. Salt and Pepper to taste.

Spread potato topping over pies. Use a fork to make peaks. Bake on a baking sheet until tops are browned, 25 to 30 minutes.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

JOHN AND ELAINE BRANIGAN

FARMERS@EVERBLOSSOMFARM.COM

717.624.4469