

What's Cookin': Shepherd's Pie for St. Patrick's Day

Happy St. Patrick's Day! What could be more fitting for a Patty's Day celebration than Shepherd's Pie (except maybe green beer)? Once upon a time this was known as "cottage pie" —meaning a dish that people in the poorer homes (or cottages) ate.

Potato was an important part of their diet, so the baking dish was often lined with mashed potato, then filled with whatever leftover meat was available and then topped with potato as well. The meat filling was usually beef or mutton. Many years later, some adopted the term 'shepherd's pie' to signify that it was

Lori Gysel & Gerry Kentner



made with lamb or mutton as opposed to 'cottage pie' which became the pie with the ground beef. The idea being that shepherd looked after sheep not cattle.

It's funny because I grew up eating shepherd's pie made with ground beef. My mom being Scottish, it is very close to mince and tatties— a favourite Scottish dish.

When I started cooking and eating with my husband (whose family comes from France) he was shocked that my Shepherd's Pie was NOT made with lamb. So, since then I've actually become quite a lover of lamb, so lamb it is! But really, this dish is excellent made with any ground meat— even a combination is good. You can also add little chunks of meat if you happen to have a leftover roast beef or lamb lying around in the fridge!

Have fun and keep cooking!

Email questions and comments to whatscookin@independentfreepress.com

Shepherd's Pie

Serves 4

Ingredients

- 1 lb ground lamb or beef
- 2 cooking onions, diced
- 1 cup beef broth
- salt and pepper to taste
- 2 tsp cornstarch
- 1/4 cup cold water
- 6 potatoes (Yukon gold or russet)
- 3 tbsp butter
- 1/4 cup warm milk
- salt and pepper to taste

Method

1. Brown ground meat and on-

ions in a large frying pan over medium heat until onions are soft and meat is completely brown and no longer pink.

2. Add beef broth, salt and pepper and simmer for 20 minutes.

3. Mix cornstarch with water and add to the meat mixture. Cook for 2 minutes until meat has thickened slightly.

4. Prepare potatoes by peeling and chopping. Place in a large pot and fill with cold water. Bring water to a boil, then reduce heat and simmer until potatoes are soft. Drain potatoes well, then add butter, milk,



salt and pepper. Mash.

5. Pour meat mixture into a casserole dish and top with the mashed potatoes.

6. Bake for 30 minutes in a preheated 350 degree oven, uncovered.

Cook's Note: Carrots and peas could be added to the mixture if you like.

Community Calendar

Continued from pg. 13

Sunday, March 20

Limehouse Presbyterian Church welcomes the Kerr Family to share their ministry of music at the 9:30 a.m. worship. All welcome.

Evening of meditative prayer and worship
time: 7-8 p.m. at Nassagaweya Presbyterian Church, 3097 15 Sideroad. Info: 905-854-1055 or www.nassagaweya.com.

Halton Hills Sports Museum and Resource Centre is open on Sundays, 1-5 p.m. (March 6, 20, 27 and April 3, 17 and 24) in the Gordon Alcott Heritage Hall at the Mold-Masters SportsPlex on Guelph St., Georgetown.

Monday, March 21

TOPS-Acton: meets Mondays at St. Joseph Church, Church St. E. Weigh-in: 6-7 p.m. Meetings until 8 p.m. Info: Jacquie, 519-853-1019.

Halton Hills Toastmasters: meets 7:30-9:30 p.m. at St. Alban's parish hall, 537 Main St., Glen Williams. Develop your communication and leadership skills. Info: Brenda, 519-853-3274, hhttmembership@gmail.com, www.haltonhillstm.org.

Tuesday, March 22

TOPS-Georgetown: meets Tuesdays at St. Andrew's United Church, 89 Mountainview Rd. S. Weigh-in: 6:30 p.m. Meetings follow at 7:30 p.m.

Wednesday, March 23

2011 Halton 4-H Kick-Off Night: at Hillcrest United Church, 8958 Trafalgar Rd., Georgetown – doors open at 6:30 p.m. Open to youth ages 9-21 as of January 1, 2011. Registration \$60. Bring birth certificate. Info: www.halton4-h.com.

Lori
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