

Shepherd's Pie

1 pound lean ground beef or lamb
(leftover beef or lamb roast is traditional)

1 tablespoon vegetable oil
1 clove garlic, chopped
2 shallots, sliced
1 medium onion, chopped
2 tablespoons flour
1 teaspoon salt (more or less to your taste)
1 teaspoon ground black pepper (more or less to your taste)
1 cup beef or chicken broth
1 tablespoon tomato paste or ketchup
2 tablespoons parsley, chopped
1 cup green peas (frozen are better than canned)

1 quart mashed potatoes (use your favorite recipe)
8 tablespoons grated cheddar cheese
4 tablespoons shredded parmesan cheese

Preparation:

Make your favorite mashed potatoes and keep them warm.
Grate the cheese and pre-heat the oven to 400 degrees F.

In a hot skillet, add the vegetable oil, then brown the meat with the garlic, shallots and onions. When browned and the vegetables are tender, add the salt, pepper and flour. Cook for 3-4 minutes over medium heat, stirring often. Add the tomato paste, broth and cook until the mixture becomes thick and creamy. (If you like a thinner sauce just add a little more broth). Now add the peas, (Other vegetable combinations if you like) and parsley. Taste the mixture and add more salt and pepper if you like. Place in a casserole dish and top evenly with the warm mashed potatoes and grated cheese. Bake for twenty minutes or until golden brown.
Serve with a crisp salad, hearty Irish oat bread and beverage of your choice.