

COTTAGE PIE



Prep: 10 mins



Cooking: 90 mins



Serves: 4

IDDSI LEVEL 4 - PUREE



Blender



Potato
ricer



Sieve



Large
saucepan



Pastry
cutter

INGREDIENTS

Filling:



500g minced beef



¼ swede, peeled and diced



1 small onion, finely chopped



2 tablespoons plain flour



1 tablespoon olive/veg oil



500ml beef stock, using
gravy granules or stock cube



2 small carrots, peeled and diced



2 teaspoons dried parsley
(optional)

Mashed Potato:



2 large Maris Piper
potatoes, peeled



butter or milk

Allergens: wheat (gluten) and milk. Beef stock cube may contain celery.



Use soy mince alternative
and vegetable stock



Use Halal minced beef and stock



Meat recipe - use kosher minced beef, stock and soy milk

METHOD

Filling:



Heat the oil for 30 seconds. Add the minced beef and onions.



Cook on high heat for 5 minutes to seal, stirring constantly to ensure no lumps.



Add flour and mix well, add the hot stock gradually to make the sauce.



Cook on low heat until tender, approximately 1 hour.



Add the carrots, swede and parsley. Cook for 30 minutes.



Blend until smooth. Pass through a sieve to ensure there are no lumps. Season with salt and black pepper to taste.

Mashed Potato:



Boil potatoes until soft and drain water.



Pass through potato ricer to ensure there are no lumps.



Add butter and/or milk until you reach your desired consistency. Season with salt and black pepper to taste.

Serve:



Use a pastry cutter to neatly plate up the filling.



Spoon or pipe on mashed potato.

TOP TIPS:



Boil the potatoes whole, once mashed they will be lovely and powdery.

When simmering, more stock may need to be added at intervals to stop the sauce becoming too dry.