

Recipe of the week – Cottage pie

- This is the perfect recipe for those cold winter evenings. Especially as it is very easily adapted, you can use any type of sausages, different vegetables or beans can be substituted.
- If you are vegetarian swap to plant based mince or quorn and use vegetable stock



Recipe - Ingredients

- 500g lean minced beef
- 1 onion, finely chopped
- 1 large carrot, peeled and grated
- 1 tbsp tomato purée
- 1 tsp Worcestershire sauce
- 1 tsp dried mixed herbs
- 350ml beef stock
- 900g potatoes, peeled and cut into small chunks
- 100ml semi-skimmed milk, warmed
- 25g butter

Substitutions:

Plant based mince or quorn

Vegetable stock instead of beef stock

Vegan spread instead of butter

Optional ingredients:

Frozen peas to add to the filling

Cheese to grate on to the potato for a cheesy topping

Method: getting prepared

- Wash your hands



Get out your equipment:

- Vegetable peeler
- Small sharp knife
- Chopping board
- Large oven proof dish
- Frying pan
- Sauce pan
- Wooden spoon
- Colander
- Oven Gloves

Method- preparing the vegetables

- Peel the onion and dice it into small pieces



- Peel the carrot and chop into chunks

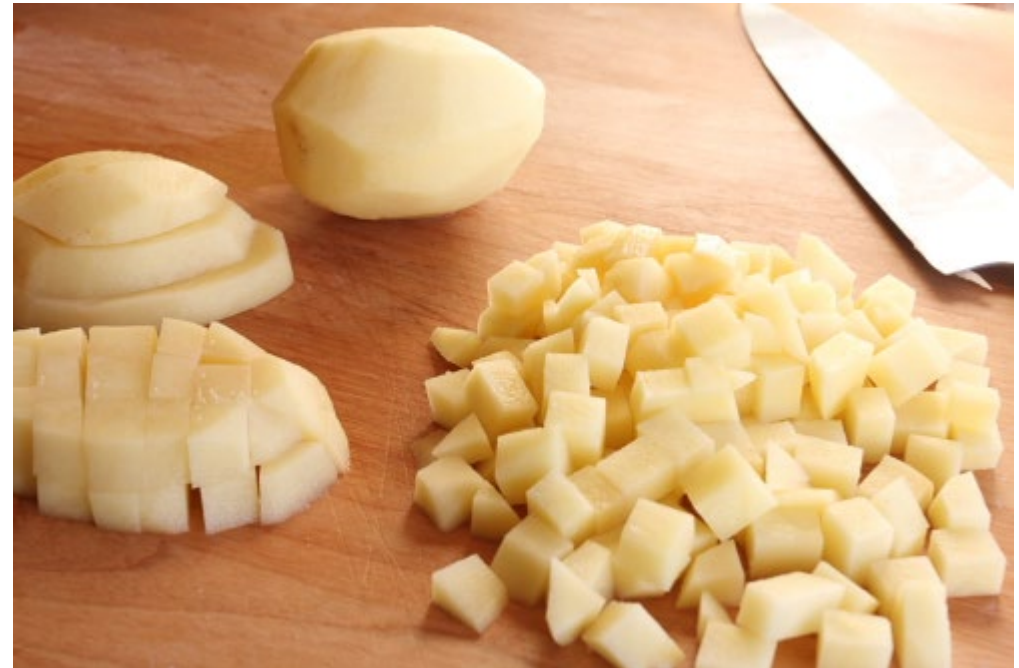


Method- preparing the vegetables

- Peel the potatoes



- Chop the potatoes into small chunks



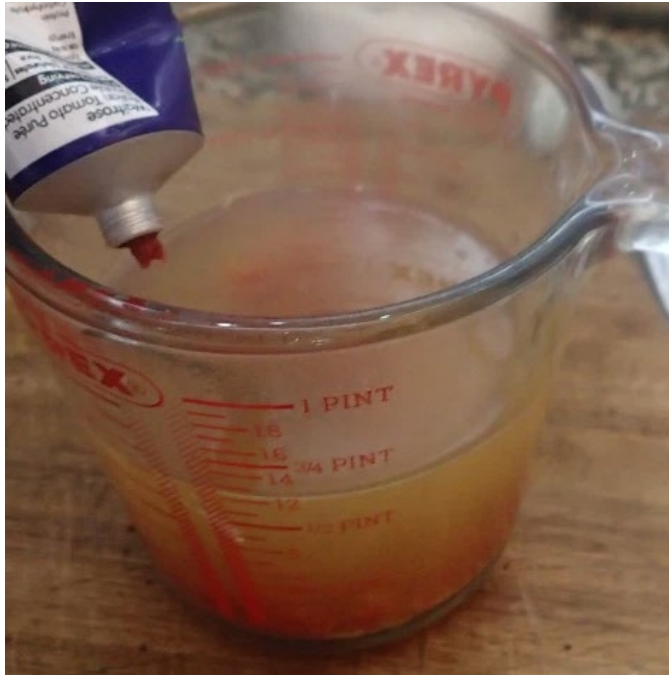
Method: Making the Cottage pie filling

- Heat some oil in a pan and add the onion and carrot, fry on a low heat to soften them
- Add the meat and fry it until it has browned, keep stirring so it browns evenly



Method: Making the Cottage pie filling

- Make up the stock, and add the tomato puree, Worcestershire sauce and dried herbs to the stock.
- Pour the stock over the meat and vegetable mix, then leave to simmer for 15 minutes



Method: Making the Cottage pie topping

- While the mince is cooking, cook the potatoes in a pan of boiling water for 10 minutes or until tender
- Drain the potatoes, then put them back into the pan



Method: Making the Cottage pie

- mash with the warmed milk and the butter.
- Spoon the mince mixture into a large, warm ovenproof dish.



Method: Making the Cottage pie

- Spread the mashed potato over the top and fluff up with a fork. (add grated cheese on top-optional)
- Put under the grill to brown lightly and crisp the top. Remember to use oven gloves to take it out!



Method – once the Cottage pie is done.

- Do the washing up!
- Finally: please send a picture of your cottage pie to gwelsh@brentford.hounslow.sch.uk

