



WILD. NATURAL. SUSTAINABLE.

Angus Beef Shepherd's Pie

• Prep Time: 1 hour 15 minutes • Yields: 2-4 servings

Ingredients:

1 pkg. Fossil Farms' Angus Ground Beef, 1 lb.

- 1 cup onion, chopped
- 2 carrots, peeled and diced
- 2 cloves garlic, minced
- 2 tbsp. AP flour
- ½ cup fresh or frozen peas
- 1 tsp. Worcestershire sauce
- 1 tsp. fresh thyme, chopped
- 2 tbsp. sage, chopped
- 2 tsp. tomato paste
- 1 cup chicken broth
- 1 tsp. kosher salt
- 2 tbsp. olive oil
- ½ tsp. freshly ground black pepper

Mashed Potatoes:

- 1½ lbs. Yukon Gold potatoes
- 2 oz. unsalted butter
- 1 egg yolk
- ¼ tsp. freshly ground black pepper
- ¼ cup heavy cream
- ¼ cup fresh parsley, chopped
- ¾ tsp. kosher salt

Equipment:

- Stove
- Saute pan
- Medium saucepan
- Tongs
- Measuring spoons & cups
- Microwave-safe container
- Colander
- Whisk
- Cutting board
- Knife
- Baking dish
- Rubber spatula
- Parchment paper

Method (Mashed Potatoes):

1. Preheat oven to 400°F.
2. Peel the potatoes and cut into 1/2-inch dice. Place in a medium saucepan and cover with cold water. Set over high heat, cover and bring to a boil.
3. Once boiling, uncover, decrease the heat to maintain a simmer and cook until tender and easily crushed with tongs, approximately 10 to 15 minutes.
4. Drain the potatoes in a colander and return to the saucepan. Mash the potatoes and then add heavy cream, butter, salt and pepper. Continue to mash until smooth. Stir in the yolk until well combined. Add chopped parsley.
5. While the potatoes are cooking, prepare the filling.

Method (Beef Mixture):

1. Place the olive oil into a sauté pan and set over medium high heat. Add the onion and carrots and sauté for about 3 to 4 minutes.
2. Add the garlic and stir to combine. Add the meat, salt and pepper and cook until browned and cooked through, approximately 3 minutes.
3. Sprinkle the meat with the flour and toss to coat, continuing to cook for another minute.
4. Add the tomato paste, chicken broth, Worcestershire, sage and thyme, and stir to combine. Bring to a boil, reduce the heat to low, cover and simmer slowly for 10 to 12 minutes or until the sauce is thickened slightly.
5. Add the peas to the meat mixture, combine, and spread evenly into a baking dish.
6. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling up, and smooth with a rubber spatula.
7. Place on a parchment lined half sheet pan on the middle rack of the oven and bake for 25 minutes or just until the potatoes begin to brown. Remove to a cooling rack and rest for at least 15 minutes before serving.
8. Serve and enjoy!

