

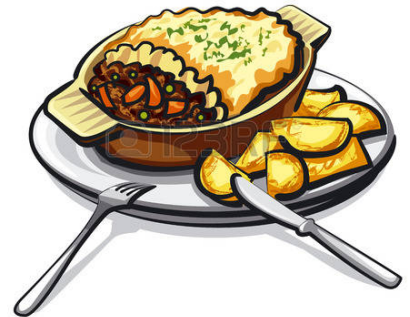
Cottage Pie

This classic English pie is a comforting food, and freezes really well for future meals. *Note, you will need a toaster oven or an oven function on your microwave for this recipe*

Ingredients (Makes 4-5 individual pies):

Filling

500g minced beef
1 large onion or 2 medium onions, finely diced
1 large carrot or 2 medium carrots, peeled and chopped into 1cm cubes
1 celery stick, chopped into 1cm cubes
2 garlic cloves, finely sliced
2 tbsp plain flour
1 tbsp tomato purée / tomato paste
150ml red wine (may be substituted for more stock)
600ml stock or consommé
4 tbsp Worcestershire sauce (ウスターソース)
A few sprigs of fresh thyme (optional)
2 bay leaves (ローリエ) (optional)
2 tbsp oil
Salt and pepper



Topping

900g potatoes, peeled and chopped into 3cm cubes
110ml milk
15g butter
Ground nutmeg (optional)
Salt and pepper

Method:

1. In a large pan, fry the minced meat in 1tbsp of oil, on a medium heat until well browned, then set aside in a strainer to drain excess fat.
2. To the same pan, add the remaining oil, onion, carrot and celery and cook on a low-medium heat for 20 minutes until soft and caramelised.
3. Add the garlic, tomato purée / paste, flour and beef into the pan and cook on a medium heat for 2-3 minutes until everything is well coated in the flour paste.
4. Pour over the wine if using, and boil for 2-3 minutes to remove the alcohol. Then add the Worcestershire sauce, stock, thyme sprigs and bay leaves, if using. Bring the pot to a boil and simmer gently, uncovered for 45 minutes, stirring occasionally. Check after 30 minutes, if a lot of liquid remains; increase the heat for the remaining 15 minutes. The final sauce should be thick and smooth.
5. Season to taste and remove the thyme and bay leaves, if used. Then spoon the mix into individual foil trays (easily available at 100-yen stores), and let cool slightly.

6. To make the mashed potato topping, add the peeled and chopped potatoes to a pan of salted, boiling water, and simmer gently for 15 minutes, or until soft.
7. Drain and let steam dry briefly, before adding the milk, butter, nutmeg and salt and pepper. Then mash with a potato masher until smooth. To get super-smooth mash, you can pass it through a strainer.
8. Top the cooled pie fillings with a thin layer of mashed potato. Use the back of a fork to texture the top of the pie, which will create a crispy texture after baking. You can also pipe the mash with a piping bag.
9. If cooking straight away, bake for 20 minutes at 200°C. If refrigerated, bake for 25 minutes at 200°C. If frozen, cook for 45-50 minutes at 200°C. The top should be golden and crisp.
10. The pies, covered in foil, will keep for up to 3 days in the fridge, or up to 1 month if frozen.

By Joni Longden