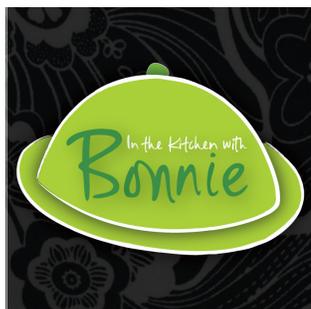


Shepherd's Pie with Irish Soda Bread



INGREDIENTS

For the Shepherd's Pie:

- 2 Pounds Russet Potatoes
- 2 Tbsps Sour Cream
- 1 Large Egg
- ½ Cup Heavy Cream
- 1 Pinch Kosher salt
- 1 Pinch Black Pepper
- 1 Tbsp Canola Oil
- 2 Pounds Cubed leg of lamb
- 2 Carrots Peeled and Chopped
- 1 Tbsp minced garlic
- 2 Ribs of Celery Medium Diced
- 2 Tbsps Unsalted butter
- 2 Tbsps all-purpose flour
- 1 ½ cups of Beef Stock
- ½ Cup Frozen Peas
- 1 Cup of Shredded Irish Cheddar Cheese
- 2 Tbsps Scallions Finely Sliced

For the Irish Soda Bread:

- 4 Cups all purpose flour
- 1 tablespoon sugar
- 1 ½ teaspoons baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ cup cold butter
- 1 cup golden raisins
- 1 ¾ cups of 1% low-fat buttermilk

DIRECTIONS

For the Stuffing:

Boil Potatoes in water until fork tender. Drain Potatoes well, let them dry and then place in bowl. Mix together the sour cream and egg together in a separate bowl. Mash the potatoes, and then add the butter. Let the butter melt completely then add the sour cream mixture. Stir until fluffy and smooth. Set aside.

While Potatoes are boiling, preheat a large skillet over medium high heat. Toss cubed lamb in small amount of flour. Add canola oil, let heat. Then add the lamb and brown for four to five minutes. Pour off excess fat leaving a little. Add the chopped carrots, onions & celery to the skillet. Add the tablespoon of garlic and stir for one minute. Add a ½ cup beef stock and cover with a lid. Simmer until the carrots are tender. In another skillet over medium high heat, make a roux by melting the butter and stirring in the flour for about 2 minutes. Whisk in the remaining beef stock and Worcestershire sauce until there are no lumps and thicken to gravy about 1 minute. Pour gravy onto meat and vegetables. Stir in peas. Set aside.

Preheat oven broiler to high. Spoon the meat into a casserole dish or individual ramekins. Spoon the potato mixture over the top of the meat. Top potatoes with Irish Cheddar. Broil until cheese is melted and bubbly. Top casserole with scallions or parsley. Serve immediately.

For the Irish Soda Bread:

In a large bowl, combine the flour, sugar, baking soda, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Add raisins. Stir buttermilk just until moistened. Turn onto lightly floured surface. Gently knead 6 to 8 times.

Place on an ungreased baking sheet and pat into a 7 – inch round. Using a sharp knife, cut a 1 – inch cross about ¼ deep on top of the loaf. Bake at 375 degrees F for 40 minutes or until golden brown. Cool on a wire rack.

Suggestions:

Lamb can be replaced with beef tenderloin.

Can also serve watercress with a light white balsamic vinaigrette as a side dish.

Guinness Beer is a must!

specialty of:
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