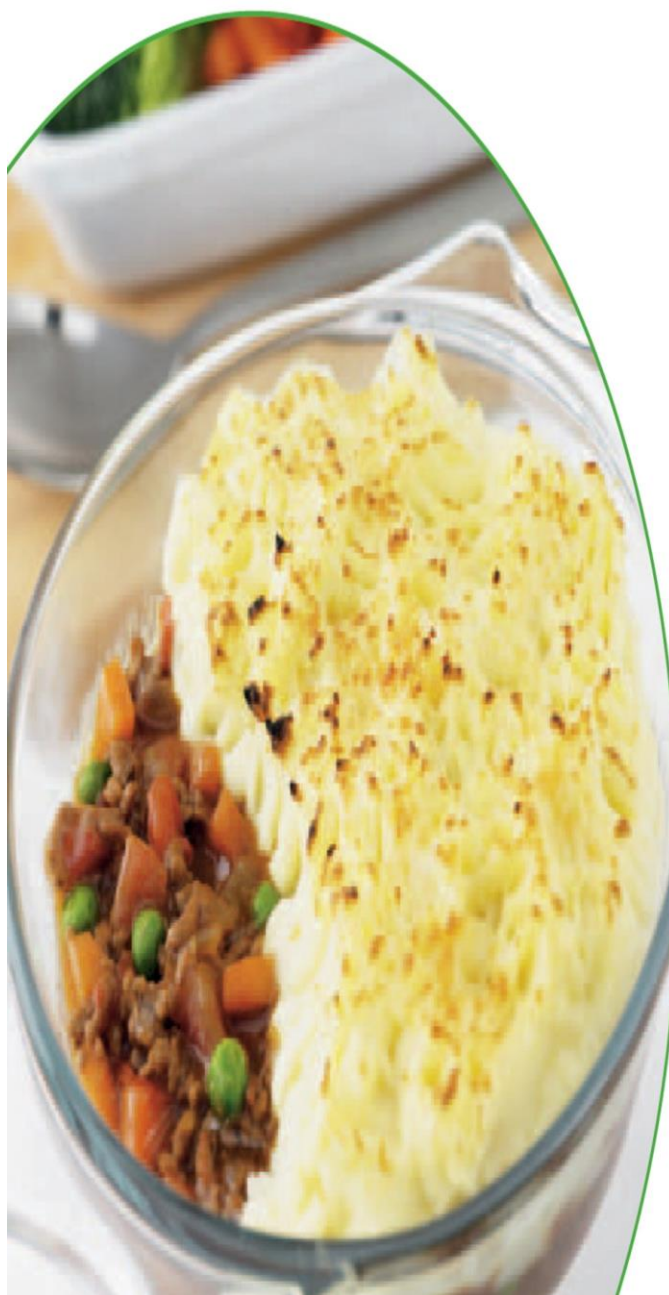




Shepherd's Pie



Ingredients

250g (8oz) lean minced beef or lamb
 1x15ml spoon (1 Tablespoon) oil
 1 onion, chopped
 1 carrot, diced
 25g (1oz) frozen peas
 150ml (1/4 pint) water, with 1/2 stock cube
 200g can of tomatoes
 500g (1lb) potatoes
 25g (1oz) butter or margarine
 50ml (1/4 pint) semi skimmed milk

Equipment

Saucepan, frying pan, potato masher, measuring jug, mixing spoon, baking dish, colander, chopping board, knife and vegetable peeler.

Method

1. Preheat the oven to 200 °C or gas mark 6.
2. Heat the oil in a frying pan, add the onion and cook for 5 minutes.
3. Add the minced beef or lamb, and cook until it browns.
4. Add the stock, carrots and canned tomatoes.
5. Simmer for 20 minutes, stir occasionally, then add the peas.
6. While the meat filling is cooking, boil the potatoes for 15 minutes, until tender.
7. Drain the potatoes and add the butter or margarine and milk. Mash until smooth and creamy.
8. Put the meat filling into an baking dish, and top with the mashed potato.
9. Bake for 20 minutes, until golden brown.