

Cottage pie *Week 2*

Ingredients:

3 tbsp olive oil
1 $\frac{1}{4}$ kg beef mince
2 onions, finely chopped
3 carrots, chopped
3 celery sticks, chopped
2 garlic cloves, finely chopped
3 tbsp plain flour
1 tbsp tomato purée
850ml beef stock

For the mash

1.8kg potatoes, chopped
225ml milk
25g butter

Method:

Heat 1 tbsp olive oil in a large saucepan and fry 1 $\frac{1}{4}$ kg beef mince until browned. Put the other 2 tbsp olive oil into the pan, add 2 finely chopped onions, 3 chopped carrots and 3 chopped celery sticks and cook on a gentle heat until soft, about 20 mins.

Add 2 finely chopped garlic cloves, 3 tbsp plain flour and 1 tbsp tomato purée, increase the heat and cook for a few mins, then return the beef to the pan.

Add the 850ml beef stock.

Bring to a simmer and cook, uncovered, for 45 mins. By this time the gravy should be thick and coating the meat. Check after about 30 mins - if a lot of liquid remains, increase the heat slightly to reduce the gravy a little.

Meanwhile, make the mash. In a large saucepan, cover the 1.8kg potatoes which you've peeled and chopped, in salted cold water, bring to the boil and simmer until tender.

Drain well, then allow to steam-dry for a few mins. Mash well with the 225ml milk, 25g butter

Spoon the meat into 2 ovenproof dishes. Pipe or spoon on the mash to cover. If eating straight away, heat oven to 220C/200C fan/gas 7 and cook for 25-30 mins, or until the topping is golden.