

Fresh Canadian Lamb



Shepherd's Pie with lamb and mushrooms

Serves four

Preparation time: 30 minutes

Cooking time: 30 minutes

Cost: \$

Ingredients

1 tbsp	Olive oil	15 ml
2	Chopped onions	2
2	Garlic cloves, chopped	2
1¾ lb	Ground lamb	800 g
½ tsp	Dry oregano	2 ml
	Salt and pepper (to taste)	
1 tbsp	Olive oil	15 ml
1 tsp	Butter	5 ml
15	Cultivated mushrooms, cut into quarters	15
1 tbsp	Fresh thyme	15 ml
5	Potatoes, mashed	5
¼ cup	Cream cheese	50 ml
1 tbsp	Dijon or Meaux mustard	15 ml

Method

Preheat oven to 350 °F (175 °C). In a frying pan, heat 1 tbsp olive oil at medium-high. Add the onions and garlic, and brown for 5 minutes. Add the ground lamb, oregano, and salt and pepper, and cook for 10 minutes, stirring regularly. Then place the meat in an oven-proof casserole dish. In the pan, heat 1 tbsp olive oil with butter until bubbling. Brown the mushrooms, season with salt and pepper, and thyme, and spread them on the lamb. Blend in the cream cheese and mustard with the mashed potatoes. With a spatula, spread the potatoes evenly over the layer of mushrooms. Place in the oven for 30 minutes, then finish by broiling until brown.

For some sophisticated variations, you can replace the mushrooms with wild mushrooms, and replace the cream cheese and mustard with 1 tsp (5 ml) of truffle oil.

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

Per portion:

Calories: 711; Fat: 28 g; Protein: 63.3 g; Cholesterol: 198 mg;

Sodium: 302 mg; Carbohydrate: 49.6 g; Fibre: 7.7 g