Shepherd's Pie

BY **UXBRIDGE PUBLIC SCHOOLS** (MEAT MIXTURE)
AND **WESTFIELD PUBLIC SCHOOLS** (GARLIC MASHED POTATOES)

Shepherd's Pie, also known as Cottage Pie, is a meat pie with a crust of mashed potato that was created in England in the 18th century when frugal housewives were looking for creative means to serve leftover meat to their families. This recipe is a combination of two recipes that taste great together.

- ¼ cup minced garlic
- 3 Spanish onions, chopped (about ¾ pound onions)
- 6 cups chopped carrots—¼-inch dice, buffalo chopper is fine (about 2 pounds shredded carrots)
- 1 cup vegetable oil
- 1 cup flour
- 17¾ pounds raw ground beef20% fat, cooked and drained (about 13 pounds cooked)
- 1 gallon beef broth (or 1 gallon water with 16 teaspoons beef base)
- 2 #10 cans corn, drained

Garlic Mashed Potatoes

- 24 pounds red potatoes
- 3 ounces granulated garlic
- 2 quarts nonfat milk
- 1 cup butter
- 1 tablespoon salt
- 1 tablespoon black pepper
- ¼ cup chopped parsley

YIELD: 100 SERVINGS (K–5) ✻ SERVING SIZE: 1 CUP

Cook and drain ground beef. Set aside.

Sauté chopped onions, garlic, and carrots in oil for 15 minutes, or until the onions begin to brown.

Add the flour and stir over medium heat for five minutes. Do not burn the flour, but it should brown.

Add broth gradually. Add seasonings and beef, and simmer for 30 minutes.

Divide meat mixture between three 2-inch hotel pans.

Drain corn. Divide corn evenly between the three pans and spread out over meat mixture.

Meanwhile, simmer potatoes in a steam kettle or large pot until the largest potatoes are fork-tender, about 30 minutes.

Heat milk to a near boil, being careful not to allow the milk to boil over.

Add butter, garlic, salt, and black pepper.

Drain potatoes and place into mixing bowl.

Whisk in hot milk, butter, and garlic at the slowest speed, gradually increasing the speed until smooth. (Do not mix too long or the potatoes will cool.)

Spread mashed potatoes over corn and meat.

Bake in 350°F oven until the shepherd's pie reaches 160°F.

NUTRITIONAL INFORMATION
CALORIES: 391; SODIUM: 342.14 MG; SATURATED FAT: 14.32%

USDA REQUIREMENTS MET
2 OUNCES M/MA
½ CUP STARCHY VEGETABLE

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