

The Lighter Shepherd's Pie

For the Topping

2 medium heads cauliflower, chopped (florets only) OR 2 (16-oz.) bags frozen, steamable cauliflower

8 oz. cheddar, shredded (we use an Irish cheddar, but regular is just fine)

1 large egg yolk

2 tbs. unsalted butter, melted and cooled

1 oz. cream cheese

$\frac{3}{4}$ tsp. Kosher salt (more or less to taste)

$\frac{1}{4}$ tsp. freshly ground black pepper

For the Filling

2 tbs. EVOO

1 yellow onion, diced

4 carrots, peeled and chopped

3 cloves garlic, minced

2 lbs. lean ground lamb

$\frac{1}{2}$ tsp. smoked paprika

1 tbs. tomato paste

3 tbs. flour

1 tbs. Worcestershire

2 tsp. fresh rosemary, chopped

1 tsp. fresh thyme, chopped

1 cup beef stock

$1\frac{1}{2}$ cups frozen peas

Kosher salt, to taste (~ 1 $\frac{1}{2}$ tsp.)

Freshly ground black pepper, to taste (~ $\frac{1}{4}$ tsp.)

To Make the Topping

In a large pot of salted water, boil the cauliflower florets and potato for 30 minutes, or until tender. Drain well. **OR** Cook 2 bags of frozen cauliflower according to package directions (usually 6 minutes each). Allow cauliflower to cool slightly.

In a food processor, combine the cauliflower, shredded cheddar, egg yolk, and butter. cream cheese, egg yolk, and 2 tbs. melted butter. Puree until cheese is melted and cauliflower is smooth. Add in the cream cheese, $\frac{3}{4}$ tsp. Kosher salt, and $\frac{1}{4}$ tsp. ground black pepper, and puree until smooth. Set aside

To Make the Filling

Preheat the oven to 375.

In a large Dutch oven or oven-proof pot, heat the olive oil over medium-high heat until glistening. Add the onion and carrots and cook until tender, stirring occasionally (about 8 minutes). Add the garlic and cook until fragrant (about 1 minute), stirring occasionally. Add the ground lamb, crumbling to break the pieces into smaller bits. Sprinkle the paprika over the lamb mixture. Cook until the lamb is browned, stirring occasionally (about 10 minutes).

Make a little hole in the middle of the lamb mixture and put the tomato paste inside of it. Brown the tomato paste for just a minute until it's fragrant. Stir the tomato paste into the whole mixture. Sprinkle the flour over the whole thing and stir to combine. Add the Worcestershire, herbs, and beef stock. Bring to a simmer, then lower the heat to medium-low. Stir in the peas, cover, and allow to cook until the mixture thickens (about 15 minutes). Season with S&P.

Spread the cauliflower mixture evenly on top of the lamb mixture and place, uncovered, in the oven. Bake at 375 for 20 minutes until the cauliflower starts to brown.

Turn on the broiler and broil for about 1-3 minutes until the cauliflower gets golden-brown on top. Garnish with parsley. Serve with Worcestershire.

To make ahead

Assemble the whole pie and keep in a 175 degree oven until you're ready to serve. Heat to 375 for about 15 minutes or until the cauliflower is browned on top.



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