

Cottage Pie with Different Toppings

Serves 6 – 8

Ingredients

600g lean beef mince or a combination of beef and ostrich
2 onions chopped
1 clove of garlic, chopped
2 carrots, grated*
1 – 2 tbsp vegetable oil/fat
½ - 1 cup beef stock
½ glass red wine (optional)
1tsp dried / 3 tsp fresh herbs of choice*

Topping

1 – 2 medium sized potatoes per person, peeled and cut into chunks

And/or

½ butternut, peeled and cut into chunks
1 head of cauliflower
25g butter + extra for dotting across the top



125 ml milk
Salt and pepper

What to do

1. Sauté the chopped onion until translucent and then add the chopped garlic and sauté for another 5 minutes.
2. Add the mince and stir to brown, followed by your choice of herbs and stir.*
3. Add the stock and the wine if using.
4. Simmer until the mince is cooked and the liquid is reduced, the mixture is brown, and the flavours have developed. Add extra stock (or water or wine) if it seems too dry.
5. **For the topping:**
 - a. Prepare the cauliflower/potato in the usual way and drain.
 - b. If using in combination with butternut, either steam or roast the butternut, depending on your preference
 - c. Drain the vegetables.
 - d. Season to taste and mash or cream with the butter and milk. Omit the milk if using the cauliflower in combination with either the potato or butternut.
6. Layer the mince in the bottom of an oven proof dish and then pile the mashed vegetables on top. Spread over the meat to the edges of the dish. Dot with knobs of butter.
7. Bake in a moderate oven until the top is brown.

Notes:

- McGregor Herbes de Provence are a great flavour enhancer for this dish. Either thyme or rosemary fresh are also good with beef. Remember that to use double to triple the quantity of fresh to dry herbs.
- Can be made ahead and/or freezes well at step 6.

