

## Shepherd's Pie by Gaetan Charest

**Allergens:** None

### Ingredients

- 1 cup Lentils
- 2 carrots diced
- 2 stalks celery diced
- 1 onion diced
- 1 cup Corn kernels
- 4 ounces mushrooms sliced
- 4 good size Yukon or golden potatoes
- 1 cup Coconut milk
- Salt and pepper to taste
- Olive oil
- 4 cloves garlic
- 1 bunch Parsley
- Oregano
- Rosemary
- Thyme
- Paprika
- Some Water

### Directions/Preparation Steps for Lentils

1. Sort, rinse, soak overnight in enough water to have at least 2 inches of water over the lentils.
2. Drain water, add fresh water, for each cup of lentils you should have 3 to 4 cups of water.
3. Add herbs: oregano, thyme, rosemary.
4. Bring to a boil, and let simmer until most of the water has been absorbed.
5. Add salt to taste. Mix thoroughly taste again.

### Directions/Preparation Steps for Mash Potatoes

1. Cubed potatoes (to cook faster). Boiled potatoes in salted water until well done.
2. Mash potatoes either manually or with a stand mixer set with mixing attachment.
3. Add fresh finely chopped parsley add coconut milk.
4. Mix at low speed until you get a creamy texture in a 9"x12" baking vessel layer

### **Directions/Preparation Steps for Veggies**

1. You can either sauté the veggies ahead of combining them in the dish which will reduce the cooking time or put them raw in the pan which will require a long cooking time.
2. Sautéing veggies
  - Using a skillet heated at medium pour some olive oil just enough to coat the bottom of the pan.
  - Sauté one veggie at the time then spread them in the baking dish.

### **Assembly**

1. Assemble in layers
  - Carrots
  - Onion and crushed garlic mix together
  - Celery diced
  - Lentils
  - Mushrooms
  - Corn kernels
  - Mashed potatoes
2. Spray the top with olive oil
3. Bake shepherd pie with sauté veggies in oven at 375 for 25 to 30 minutes until the top is golden brown.
4. Bake raw veggies shepherd pie in oven at 350°F for 50 to 60 minutes until you have a golden top.
5. Let rest few minutes and serve with joy.