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Cottage Pie

Serves 4-6

Beef mince is so versatile and can be quickly turned into so many nourishing meals, my favourite being cottage pie. This classic dish was of course originally devised as a way of suing leftovers, with the cooked meat being mixed with the spare vegetables and topped with mashed potatoes. In this recipe I have used fresh minced beef.

675g (1.5 lb) Minced Beef
3 onions, finely chopped
3 Carrots, diced
4 Celery stick, diced
2 dessertspoons tomato puree
25g (1 oz) plain flour
200 ml (7 fl oz) Chicken Stock
Sale & pepper
2 teaspoon Worcester sauce
900g (2 lb) Mashed potatoes



Season the mince and fry in a very hot pan to seal and colour the meat. For best results fry in small batches and drain in a colander until it is all fried.

In a separate pan melt a knob of butter and add all the vegetables. Allow to cook for 5 minutes until beginning to soften. Add the fried mince and cook on medium heat for a few minutes.

Add the tomato puree and Worcester sauce and stir well. Sprinkle the flour into the pan and cook for 2 -3 minutes. Pour in the stock and bring to a slow simmer. Cook for 1 – 1.5 hours

During the last 30 minutes cook the potatoes and mash with a little milk and butter. Spoon the mince into a suitable oven proof dish. Spoon the mashed potatoes on top, smoothing with a palette knife or texturing with a fork. Brush with a little melted butter for a nice brown finish and finish under a very hot grill.