

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".



## Cottage Pie

a classic and easy to cook British Recipe



### Ingredients – serves 4 people

800 gram minced beef (coarse grind,  
20% fat content)  
3 Tbsp cooking oil  
2 sm red onions (diced finely)  
2 lrg garlic cloves (grated finely)  
½ Tsp dried thyme  
1 Tbsp flour  
3 ea fresh tomatoes (diced approx.  
10mm)  
3 Tbsp tomato puree

1.5 cups beef stock  
3 Tbsp Worcestershire sauce  
salt & pepper to taste  
1 kilo potatoes (peeled, washed, drained  
& cut into 50mm chunks)  
cold water to cover the potatoes  
1 Tsp salt  
6 Tbsp milk  
3 Tbsp butter

### Method

Heat a saucepan over a medium/high heat.

Add the minced beef and allow to seal until lightly coloured.

Flip the beef over with a spatula and allow to seal.

Once sealed on both sides, gently loosen the beef with a spatula/spoon until it breaks down into grains.

Continue cooking until the beef is sealed all over then tip the beef out into a bowl and keep on the side.

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Return the pan to the heat and add the cooking oil.

Once the oil is hot, add the onions and garlic, stir to coat in the oil and then reduce the heat to moderate.

Cover the pan and allow the onion and garlic to soften without colouring, stir occasionally – approx. 5 minutes. Then add the flour and mix.

Return the beef with any juices to the pan and add the remaining ingredients apart from the salt and pepper.

Mix everything thoroughly and then bring to a gentle boil.

Taste and then lightly season.

Reduce heat to low and cover with a lid.

Cook for approx. 30 – 40minutes until a rich sauce has been achieved.

Taste and adjust with salt and pepper if needed.

Whilst the cottage pie is cooking out, place the prepared potatoes into a saucepan and cover with cold water. Add the salt and then bring to a very gentle boil.

Cover with a lid and reduce the heat to low, cook for approx. 20 minutes.

Once the potatoes are ‘just cooked’, drain into a colander and leave for a minute to ‘dry’ the potatoes.

Return them to the same pan and place over a moderate heat for 1 minute then mash until there are no lumps. Add the butter and milk and beat together.

Taste and season with salt and pepper as needed.

Pre-heat the grill to high whilst the potatoes are draining in the colander.

Place the mince mixture into an oven proof dish/casserole then spoon the mash over and spread out to cover the mince. Place under the hot grill until golden brown.

Notes from the chef:

It is important to allow the cottage pie to cook slowly to develop the flavours.

The mince should be free from lumps once sealed.

The fat in the beef prevents it from drying out during cooking as well as giving lots of flavour.

If you are gluten intolerant then omit the flour and cook for longer.

The cottage pie filling can be made in advance and simply warmed.

Serve with green peas on the side for a British classic recipe!

Tbsp - tablespoon

Tsp - teaspoon