

Shepherd's Pie

Makes 10 servings



INGREDIENTS

Filling:

- 2 lb. ground lamb (traditional), OR 80/20 ground beef chuck (if you don't have lamb)
- ¼ cup chopped onion
- 1 tsp salt
- ½ tsp pepper
- 2 cloves garlic minced
- 2 TBSP coconut flour
- ½ cup dry red wine (OPTIONAL)
- 2 TBSP chopped fresh rosemary

Topping:

- 1 lb. cauliflower florets
- 2 garlic cloves
- ¼ cup sour cream
- 2 TBSP butter
- ½ tsp salt
- ¼ tsp pepper
- 4 ounces grated cheddar cheese

INSTRUCTIONS

Filling:

1. In a large skillet over medium heat, brown the lamb until cooked through, about 10 to 12 minutes.
2. Using a slotted spoon, remove to a large casserole dish. Add the onion, salt and pepper to the pan.
3. Cook until onion is translucent, about 5 minutes.

4. Add garlic and cook until fragrant, 1 minute more. Whisk the coconut flour into the pan juices until well combined.
5. Add the red wine and cook until reduced by about half.
6. Stir in the chopped rosemary and then pour the mixture over the lamb.

Topping:

1. Preheat oven to 400F.
2. Set a steaming basket into a large stockpot and add water to the bottom. Add the cauliflower and garlic cloves and steam until cauliflower is very tender, 6 to 8 minutes.
3. Drain the cauliflower well and transfer to a blender or food processor, along with the garlic cloves. Add the sour cream, butter, salt and pepper and blend until smooth. (Tip: If you have have leftover cauliflower mash, that works great!)
4. Spread the cauliflower mixture over the filling in the casserole dish and sprinkle with the cheese. Bake 20 to 25 minutes, until the filling is bubbling and the cheese is melted.
5. Turn the broiler on high and broil 4 to 6 inches from heat for 2 to 4 minutes to brown the cheese. Remove and let sit a few minutes before serving.