Michael Smith Shepherd's Pie

Ingredients

Topping

Potatoes. 4 large baking peeled and diced
Nut Milk 1/2 Cup gently warmed
Olive oil 1/2 cup
Salt 1/2 teaspoon
Pepper

Filling

Oil 2 Tbps. vegetable or coconut oil
Onion 2 to 3 onions, diced
Carrot 2 to 3 carrots, diced
Celery 2 to 3 celery stalks, diced
Garlic 4 cloves, minced
Red Wine 1/4 cup
Crushed Tomatoes 28-ounce can of diced, crushed or pureed tomatoes
Lentils 19-ounce can of lentils
Corn 2 cups (500 mL) of fresh or frozen corn
Frozen Peas 2 cups (500 mL) of fresh or frozen peas
Herbs 3 or 4 sprigs of sage, thyme, rosemary, oregano, or tarragon) finely minced or 1 tablespoon (30 mL) dried

Directions

Prepare and preheat your oven to 400°F (200°C). Turn on your convection fan in your oven. Lightly oil an 8×8-inch or 9×9-inch casserole dish.

Start the topping. Toss the potatoes into a pot of water. Bring to a simmer and continue cooking until soft and tender, about 15 minutes. Drain well, leaving the potatoes in the pot. Add the milk, olive oil, salt, and pepper. Mash until smooth.

Meanwhile make the filling. Splash the oil into a large frying pan or skillet over medium-high heat. Add the onions, carrots, celery and garlic and without browning, sauté until soft and aromatic, 5 minutes or so. Splash in the wine and stir briefly. Add the tomatoes and lentils. Bring to the simmer and stirring, reduce until thickened. Add the corn, peas, and your herb of choice. Transfer the works to the casserole dish.

Assemble the Shepherd's Pie. Top the filling with the mashed potatoes by spreading them into a thick, even layer. Bake until the top is golden brown and the filling is steaming hot and delicious, about 20 minutes.