



KNUTSFORD

MARKET HALL

Recipe of the month



Ollie's Cottage Pie



Instructions

The filling

1. Brown off the mince in a pan, more colour equals more flavour. Drain the juices and reserve for later. Remove the mince from the pan and set aside.
2. In the same pan as the mince add the carrots, onions and thyme and sweat down until tender.
3. Return the mince to the carrot and onion mix, add a splash of red wine and leave to reduce down.
4. Add rich beef stock and season with salt and a good pinch of ground black pepper.
5. Reduce the contents of the pan to a sauce consistency (coating the back of a spoon). Next return the drained beef mince juices from earlier and set the pan aside to cool.

The mash

1. Place the potatoes in cold water and add a tablespoon of salt. Bring the water to a boil then reduce to a simmer until the potatoes fall off your knife easily when stabbed.
2. Drain the potatoes and leave to steam for five minutes, then return them to the pan with cream and butter (optional: add a pinch of nutmeg for extra flavour). Then mash until smooth and leave to chill.
3. In a pie dish place the cooked mince mix and spread it evenly across the dish.
4. Spoon the mash on top and ruffle with a fork.
5. Bake the pie in the oven at 180°C for 25 minutes until nicely coloured.

On the side

1. Using a frying pan sweat shallots in butter, then add the French beans.
2. Add a splash of water and cover the pan with a lid until tender, season well and serve with the cottage pie.

Ingredients

You will need;

- 900g prime British steak mince from Edwards & Emmess Butchers - **£2.40**
- 1 x Atkins & Potts Fresh Beef Stock from Mike Brown's Poultry and Provisions - **£1.11**
- From Jonty's Fruit & Veg:
 - 1kg Cheshire potatoes – 85p
 - 1 large white onion – 25p
 - 2 large local carrots – 25p
 - 1 luxury jersey butter - £1.80
 - 1 lot of fresh thyme – 80p
 - 1 lot of fresh mint – 80p
 - 250ml double cream - £1.80
 - 200g French beans - £1.20
 - 1 banana shallot – 25p

Total for veg **£8.00**

Total cost for recipe = £11.51

**Per Person (family of four)
£2.80**

*All ingredients are available
from your local Market Hall.*

Bling it up!

This meal pairs well with St. Felix Rouge available from Morgan Edwards Fine Wines & Spirits for £6.40.