

Shepherd's Pie Potato Skins



Recipe by Chef Shawn McGregor



INGREDIENTS

- 1 lb lamb or beef, minced
- 1 cup beef stock
- ½ cup water
- ½ tsp. salt and black pepper
- ½ tsp. dried thyme
- ½ tsp. oregano
- 1 tbsp milk
- 1 tbsp. olive oil
- ½ yellow onion, diced
- 1 clove garlic, minced
- 1 ½ cup peas, corn, carrots
- 2 tbsp. flour
- 1 tbsp butter

INSTRUCTIONS

1. Preheat oven to 400°F and oil and salt each potato.
2. Place on baking sheet and cook for 45 minutes to an hour.
3. Remove potatoes from oven. Cut off top and scoop out the center leaving thin skin.
4. Place the scooped potato in a bowl and add milk, butter, and salt.
5. Mash until smooth or to your liking.
6. Heat olive oil in large skillet over medium heat and add onion and garlic. Sauté for 2 minutes until soft.
7. Turn up heat to high and add minced beef. Break up meat until brown.
8. Sprinkle in flour and stir to combine.
9. Add remaining ingredients, stir to combine. Bring to a simmer and continue to stir until the sauce is thick and glossy. Remove from heat.
10. Fill each potato with meat filling. Push down lightly to pack the filling in well.
11. Pipe over the mashed potato or scoop it on with a spoon.
12. Place in the oven and bake for 15 to 20 minutes until the potato starts to brown.