

Shepherd's pie

Food category: Minced meat



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Company: Retigo



Program steps

Preheating: 150 °C

1	Hot air	100 %	Termination by time	00:30 hh:mm	150 °C	100 %	
2	2nd step for golden brown top						
	Hot air	25 %	Termination by time	00:10 hh:mm	200 °C	100 %	

Ingredients - number of portions - 4

Name	Value	Unit
leg of lamb	400	g
carrot	1	pcs
celery sticks	2	pcs
sprig of parsley	1	pcs
shallot	1	pcs
garlic cloves, finely chopped	2	pcs
tomato puree	50	g
potatoes	1	kg
butter soft	30	g
milk 3.5%	20	ml
salt	5	g
freshly ground black pepper, ground	3	g

Nutrition and allergens

Allergens: 7, 9

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Directions

Preheat the oven to 150C. Scrape all the meat off the lamb bone and put through a mincer with the carrot, celery, parsley, shallots and leftover gravy and fat from the roasting tin. If you haven't got a mincer then chop everything finely and mix together.

Add sweet roasted garlic cloves popped from their skins (or fresh garlic) and the ketchup.

Press the mixture into an GN container. Mash together the cooked potatoes with butter to taste and a dash of milk, and top the meat with the potatoes. Use a fork to make a pretty design on top.

Cook in the oven for 30 minutes. Then turn up the oven to 200C for a final 10 minutes so it's piping hot and lightly golden-brown on top.

Nutritional value of one portion	Value
Energy	451.9 kJ
Carbohydrate	50.9 g
Fat	15.9 g
Protein	24.4 g
Water	0 g

Recommended accessories



Enameled GN container