



From the Kitchen of Hospitality Expert Nina Love, The Love Experience

Traditional Irish Cottage Pie Recipe

Yields: 6 servings

Prep time: 30 minutes

Cook time: 1 hour 15 minutes

For the Meat Filling:

- 1 Tbsp. olive oil
- 1 large onion, finely chopped
- 2 carrots, finely chopped
- 1 cup of sweet peas
- 1 pound ground beef
(or a mixture of beef and lamb)
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 bay leaf
- 1 cup beef broth
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. tomato paste
- Salt and freshly ground black pepper to taste

For the Potato Topping:

- 2 pounds potatoes, peeled and cubed
- 1/2 cup milk
- 4 Tbsp. butter
- Salt and freshly ground black pepper to taste
- 1/4 cup grated cheddar cheese (optional)

Instructions:

Begin by preparing the Meat Filling:

Heat the olive oil in a large skillet or Dutch oven over medium heat. Add the onion, carrots and peas and cook until softened, about 5-7 minutes.

Add the ground beef and cook, breaking it up with a spoon, until browned. Drain off any excess grease. Stir in the thyme, rosemary and bay leaf. Cook for 1 minute more.

Add the beef broth, Worcestershire sauce and tomato paste. Bring to a simmer, then reduce heat and cook, uncovered, for about 30 minutes, or until the sauce has thickened slightly. Remove the bay leaf and season with salt and pepper to taste.

Prepare the Potato Topping:

While the meat filling is simmering, boil the potatoes until tender, about 15-20 minutes. Drain the potatoes and return them to the pot.

Heat the milk and butter in a small saucepan until the butter is melted. Mash the potatoes with the milk and butter until smooth. Season with salt and pepper to taste.



Assemble and Bake the Cottage Pie:

Preheat your oven to 375°F. Pour the meat filling into a 9x13 inch baking dish or a large oven-safe casserole dish. Spoon the mashed potatoes evenly over the meat filling, creating a slightly rough surface. Sprinkle with grated cheddar cheese, if desired.

Bake for 25-30 minutes, or until the potato topping is golden brown and the filling is bubbling. Let the cottage pie rest for 10 minutes before serving.

Tips and Variations:

- For a richer flavor, use a mixture of beef and lamb
- Add other vegetables to the filling, such as mushrooms or parsnips
- Use chicken or vegetable broth instead of beef broth for a different flavor profile
- For a creamier mashed potato topping, use heavy cream instead of milk
- Use fresh herbs instead of dried herbs. Use about 1 tsp. fresh herbs for 1/2 tsp. of each dried herb
- To make ahead, assemble the cottage pie but don't bake it. Cover and refrigerate for up to 24 hours. When ready to bake, add an extra 10-15 minutes to the baking time

Enjoy your delicious and comforting
Traditional Irish Cottage Pie!