

SHEPARD'S PIE WITH GARLIC MASHED POTATOES

Serving: 1/2 cup

Main and Vegetable

The Worcester kitchen, where they already serve lots of farm fresh food, requested a good recipe for Shepard's Pie using fresh potatoes and vegetables—so here it is. Thank you to the recipe developer, Lynn Petrowski, Food Service Director for the Middleborough Schools, where the students gobbled it up.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Ground beef	8 lbs 8 oz	17 lbs	<ol style="list-style-type: none"> 1. Prepare the garlic mashed potatoes for the same yield, on page 70. (Set aside until step 9.) Hold at 140°F or higher. 2. Brown the ground beef in a kettle or skillet, then drain fat. 3. Add the onions and cook over medium heat until translucent, but not brown, about 5 minutes. 4. Sprinkle the flour over the beef and stir to combine. Pour in the beef broth and cook and stir until slightly thickened, about 10 minutes. 5. Add seasonings (thyme, salt, pepper and onion salt), and simmer for 5 minutes, then remove from heat. (Reserve.) 6. Steam diced carrots or carrot sticks in perforated steam pan until tender-crisp, about 2-5 minutes. Chop into dice if using sticks. (Reserve.) <p><i>To Assemble:</i></p> <ol style="list-style-type: none"> 7. Equally divide beef mixture between 2-1/2 inch deep hotel pans (each pan will serve 25, about 3 quarts plus 3 cups of the mixture for each). 8. Equally divide the carrots over the beef mixture in each pan. 9. Equally divide the garlic mashed potatoes over the carrots in each pan. Spread in an even layer. 10. Bake, uncovered, covering top with foil if it browns too much. <ul style="list-style-type: none"> Convection oven: 350°F about 30 minutes Conventional oven: 375°F about 45 minutes <p>CCP: Heat to 165°F or higher.</p> <ol style="list-style-type: none"> 11. CCP: Hold for hot service at 140°F or higher.
*Onions, diced	8 oz (1-1/2 cups)	1 lb (3 cups)	
Beef broth	2 qts	1 gallon	
Flour	4 oz (3/4 cup)	8 oz (1-1/2 cup)	
Thyme, dried	1 Tbsp	2 Tbsp	
Salt	2 tsp	1 Tbsp 1 tsp	
Pepper, black	2 tsp	1 Tbsp 1 tsp	
Onion salt	2 tsp	1 Tbsp 1 tsp	
*Carrots, diced or pre-cut into 1/4 inch sticks	5 lbs	10 lbs	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Shorten prep time:** Cut down on prep time by using pre-cut carrot sticks, also, the recipe for Garlic Mashed Potatoes uses unpeeled new potatoes (on page 70).
- **Onions:** *To slice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. (For an alternative method, see page 16.)
- **Carrots:** *To purchase*, carrot sticks are sometimes available from a farm vendor. *To dice carrot sticks*, slice across them. *To dice or cut carrot sticks from whole carrots*, peel, then with a large knife, cut in half or quarters lengthwise, depending on size of carrot. Lay flat side down, or stack slices. Cut lengthwise into 2-6 long strips—number of strips depends on size of carrot and/or the dice desired. Slice across strips into a dice.

NUTRITIONAL ANALYSIS PER SERVING

Calories	277	Vitamin A (IU)	7691
Cholesterol (Mg)	64	Vitamin C (Mg)	17.63
Sodium (Mg)	478	Protein (G)	22.69
Fiber (G)	4.6	Carbohydrate (G)	18.7
Iron (Mg)	2.43	Total Fat (G)	12.43
Calcium (Mg)	156.41	Saturated Fat (G)	5.25