

clover food lab



Lucia here. Hope you're having a nice holiday!

One of the big requests in our survey was for meal prep ideas that you can make once and eat twice. I think there's nothing better this time of year than Shepherd's Pie.

Our version first appeared in our [Meal Box](#) program, around Christmastime. I love it because it allows you to use a ton of flavorful root veggies in one meal, you get good protein from the lentils, and the fluffy, lofty, cheesy mashed potatoes are kind of luxurious. Plus it has the word pie in it, but without any rolling out of dough! I hate rolling out pie dough, don't tell Ayr :)

This recipe uses two techniques for building flavor that I hope you'll use again and again in your cooking. First: sauteing tomato paste in olive oil; and second: deglazing a pan.

Plus, it freezes well too so you can set it aside for a night when you know you'll be too busy to cook. This makes a nice casserole-sized tray (usually 9"x13" rectangle) which will serve 4-6 people (or you, all week).

2 tbsp oil (olive or neutral, like safflower)
1/4 cup tomato paste
1 onion, peeled and diced into 1/4 inch pieces
1 Macomber turnip, peeled and diced
1 carrot, diced (if it's organic you don't have to peel it)
1 green meat radish, peeled and diced (we buy ours from Winter Moon Roots, and if you can't find it you can substitute more carrots or turnips)
1/4 cup sliced cremini mushrooms
1/2 cup beluga lentils
1 tsp miso paste
1 tsp garlic powder
1/8 tsp turmeric powder
1/4 tsp cumin seed
1/4 tsp dry mustard powder
1/8 tsp dried porcini powder
1 bay leaf
2/3 tsp paprika
1 tsp sugar
1 1/2 tsp soy sauce
1/2 tsp white wine vinegar
1 2/3 cup vegetable stock (or water)
2 1/2 cup mashed potatoes (use your favorite recipe; I always trust [Kenji](#) or [Martha](#))
Handful of cheddar cheese, grated (if you'd like to make it vegan you could substitute nutritional yeast and very finely chopped walnuts)
Salt and pepper, to taste

1. In a large saucepan set over medium heat, heat oil. When the oil is slightly shimmering, add tomato paste and sauté it until the tomato paste is caramelized. This is a wonderful technique for adding deep flavor right at the beginning of your cooking process.

2. Add onion and sauté until the onions are soft and translucent.

3. Add diced turnip, radish and carrot. Sauté until soft.

4. Add mushrooms. Sauté until soft.

5. Add miso paste, garlic powder, turmeric, cumin, mustard, porcini, paprika, sugar, and bay leaf.

6. Now it's time for another flavor-building technique. Add the soy sauce to the warm pan. Stir it around a bit with a spoon. The heat and the soy sauce will deglaze the pan, picking up all the yummy browned bits.

7. Add white wine vinegar and stir.

8. Add veg stock and a hefty pinch of salt and bring to a boil.

9. Add lentils and reduce heat to a simmer. Cook for about 18 minutes, or until tender but not mushy. Most of the stock should be reduced at this point, but it should still be moist. Taste, and season with salt and pepper. You should season it until it's so tasty that you want to keep eating :)

10. Spoon this lentil-vegetable mixture into an oven safe tray with sides. You can use a circular one or a rectangular one. Top the mixture with mashed potatoes and sprinkle with cheddar cheese to your liking.

11. Preheat an oven to 350 degrees. Bake the shepherd's pie for 15 minutes, or until totally warmed through, with the cheese starting to brown. You can send it under the broiler for a few minutes at the end too, just be sure to watch to make sure it doesn't burn.



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