

Kentucky Farm to School Junior Chef



Shepherd's Pie with Mini Honey Corn Muffins

PHs cooking Team- Pikeville High School

Ingredients:

For the topping:

5-6	medium russet potatoes (about 1 1/2 lbs.) peeled and quartered.	2 Tbsp.	All Purpose Flour
	Salt	1 1/4 Cup	Beef Broth
4 Tbsp.	Unsalted Butter	2 tsp.	Worcestershire sauce
1 1/2 Cup	Whole Milk	2 sprigs	Fresh Thyme
1/4 Cup	Grated Parmesan Cheese	1	Bay leaf
2 Tbsp.	Chopped fresh chives	2	Carrots, peeled and thinly chopped
	Dash of pepper	1 Cup	Frozen peas
2 tsps.	Cornstarch + 2 tsp. beef broth		

For the meat mixture:

1½ lbs . 93% lean ground beef
2 Tbsp. Water
½ tsp. Baking Soda
2 tsp. Vegetable Oil
1 Onion, chopped
4 oz. Mushrooms, chopped
1 Tbsp. Tomato paste
2 Garlic cloves, minced

For the Corn muffins:

2 Eggs
1 Cup Buttermilk
¼ Cup Oil
1 ½ Cup Plain corn meal
1 Cup Whole Wheat Flour
¼ Cup Sugar
2 ¼ tsp. Baking Powder
¼ Cup Honey

Directions:

For the topping:

Peel and quarter potatoes and place in a large pot and cover with cold water; season with salt. Bring to a boil and cook until tender, about 25 minutes; drain. Place potatoes on baking sheet and heat in 350 degree oven for 5 minutes. Remove from oven, and rice the potatoes into a bowl. Add in the butter, cheese, chives, and pepper. Stir until well mixed and butter is melted. Place potatoes in piping bag and pipe into ring molds. Bake in hot oven until the tops of potatoes are golden brown and slightly crispy.

For the meat mixture:

Toss beef with 2 teaspoons water, 1 teaspoon salt, ¼ teaspoon black pepper and baking soda in bowl and combine thoroughly. Set aside for 20 minutes.

Heat oil in a skillet over medium heat then add onions, mushrooms, ½ teaspoon of salt and ¼ teaspoon black pepper. Cook, stirring occasionally, until the vegetables are just starting to

soften and dark bits form on the bottom of the skillet, about 4-6 minutes, and then add in the tomato paste. Stir in flour and cook for one minute. Add beef broth, Worcestershire sauce, thyme, bay leaf, garlic and carrots; bring to a bowl, scraping the bottom of the pan thoroughly. Reduce heat to medium-low, add the beef in small chunks and bring to a gentle simmer. Cover and cook until the beef is cooked through, 10-12 minutes, stirring and breaking up the meat chunks. Create slurry with the cornstarch and remaining beef broth. Stir mixture into the filling and continue to simmer for 30 seconds. Add peas and remove the thyme and bay leaf. Season to taste with salt and black pepper.

To serve, place meat mixture in bowl and top with potato mixture, and garnish as desired.

For the muffins: heat oven to 425 degrees. Coat the mini muffin pan with cooking spray. Beat eggs in medium bowl. Stir in buttermilk, oil, corn meal, flour, sugar, baking powder and salt until smooth. Batter should be creamy and pourable. If too thick, add a little more milk. Pour into prepared pan. Bake 10-15 minutes or until golden brown. Top muffins with honey drizzle and allow muffins to cool in pan for 2-3 minutes before removing from pan and serve warm.