

CAFE THOMPSON RECIPE

VEGETARIAN LENTIL SHEPHERD'S PIE

This shepherd's pie has all of the flavor you'd expect in the traditional version but with the hearty goodness of lentils! Tender lentils are simmered in a rich savory broth, topped with creamy mashed potatoes and baked to golden perfection. Serve this meatless favorite any time of year.

SERVES 6



INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, minced
- 2 large carrots, diced, about 1 cup)
- 3 medium celery stalks, diced, about 1 cup
- Salt and freshly ground pepper, to taste
- 3 garlic cloves, minced
- 1/2 cup (12 cl) red wine
- 1 cup (200 g) black beluga lentils*, uncooked, rinsed and drained
- 3 to 3 1/2 cups (about 70 to 80 cl) vegetable broth
- 2 bay leaves
- 1 bunch fresh thyme
- Sprigs fresh rosemary
- 3 tablespoons tomato paste
- 3 pounds mashed potatoes (1.3 kg), Yukon gold
- 3-4 tablespoons butter

DIRECTIONS

Heat olive oil in a pot over medium heat, add the onion and cook until translucent. Add the diced carrots and celery, season with salt and pepper, and cook for 8-10 minutes or until vegetables are soft and tender. Add the garlic and cook for 1 more minute.

Pour the red wine. Add the lentils and cover with 3 cups vegetable broth to begin with. Add the bay leaves, thyme, rosemary and bring to a boil. Reduce the heat to a low, cover and simmer for 30-35 minutes until the lentils are cooked through. While cooking, add more vegetable broth as needed.

Once the lentils are cooked, remove the herbs and whisk in the tomato paste. Add salt and pepper, taste and adjust seasoning to your preference.

