

Lentil Shepherd's Pie

Inspired and adapted from [Minimalist Baker](#)



Mashed Potato Top

4 lbs of russet potatoes, washed and peeled, sliced in half

1/3 cup of butter

2 tbsp milk

Filling

2 tablespoons extra-virgin olive oil

1 onion, chopped

3 cloves of garlic, minced

1 cup carrots, peeled and diced rounds (2 medium)

1/2 lb mushrooms, sliced

1 1/2 cups of lentils, rinsed

1/3 cup of ketchup (or tomato paste)

2 tablespoons chopped fresh flat-leaf parsley, plus extra for garnish

4 cups vegetable broth

1 teaspoon of dried thyme

3 cups of frozen veggies (we used corn and peas)

Salt and pepper

1. Place potatoes in a large pot and fill with water until they're just covered. Boil on medium high heat, cover and cook for 20-30 minutes until they slide off a knife easily.
2. Drain the potatoes, and return to the pot. Add the butter and milk, and some salt and pepper. Mash the potatoes and set aside.

3. Preheat oven to 425 °F and grease a 9x 12 (or 2 quart) baking dish.
4. Heat olive oil in a large sauce pan. Add the onion and garlic, and sauté lightly for about 5 minutes.
5. Add the mushrooms and carrots, and cook until soft (about another 10 minutes), stirring occasionally.
6. Add the lentils, broth, parsley and thyme. Cover, and bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are tender (~30 minutes). Once tender, remove the lid and continue simmering uncovered while stirring, to evaporate any excess liquid.
7. Stir in the ketchup and frozen veggies. Season with salt and pepper. Cover and stir on low heat for 5 minutes to allow the flavours to blend.
8. Add the lentil mixture to your greased baking dish. Top with your potatoes and level with a fork or spoon.
9. Bake for 10-15 minutes, or until the mixture is bubbling and the tops of potatoes are a light brown.

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Welcome to the February Local Food! We hope this month's recipe helps keep the "February Blues" away, and fills your belly with the delicious local food our region has to offer. Of course, in the winter months the variety of local food is not as bountiful, and you may have to reach a little farther to get all your ingredients.

To kick off the 2021 LFC season, this featured Lentil Shepherd's Pie recipe is another family favourite for many... with a twist! Rather than a meat-based bottom, we got our hands-on green lentils from **Lau Tea Da Lentils** in Elora, Ontario's ONLY lentil farm! To help beef (or un-beef in this case) up the bottom layer mushrooms were provided by **Fresh and Tasty Mushrooms**. **Fiddle Foot Farm** provided us with carrots, and helped us get onions from **Pfennings Organic Farm** in New Hamburg. What would any dish be without some garlic? **Hidden Meadows Farm** gave us some of their famous garlic. You'll find some pea shoots to garnish, or add to a salad as well, courtesy of **Am Braigh Farm**. The potato topping is made of russet potatoes from **Wallace Farms** in Melancthon. In order for their farm to grow the variety of crops it does, Wallace Farms is one of many farms that both owns and rents pieces of land! Did you know that 40% of Ontario farmland is rented or leased by active farmers? ([OMFRA](#), 2017) With Ontario being so rich in farmland, it is important for us to use it for growing.

We love feedback; it helps us learn, grow and plan for YOU! You can find HFFA on Twitter, Instagram and Facebook, so send us (and each other) pictures of your LFC meal... any way you want to follow, share, like or hashtag we look forward to it. Keep on letting us know how we are doing and don't hesitate to share your ideas for future LFC and ingredients.

This recipe is an excellent chance to discuss different cooking terms with kids! Explain the different sizes incorporated with *chopped*, *sliced*, *diced* and *minced*. You can also show a quick 45 second video found on [Greatist's DoltBetter channel](#). Another important distinguishment in cooking is *boiling vs simmering*. A great way to explain the difference to kids is an "angry boil" and a "relaxed simmer." As always, if you feel comfortable letting the kids help with some knife work, we recommend going over knife safety with them, and always supervise.

From the LFC Test Kitchen

If you like a richer taste, feel free to add 1 cup of red wine (we recommend between steps 6 and 7), and allow it to simmer off too.

To perfect the mashed potatoes, add less or more butter to your liking. We also changed the oven to broil in the last few minutes, to give it that nice crispy top.

Nutrition Report

Lentils are a fantastic source of protein for vegetarian and non-vegetarians alike! They are also a great source of iron; which is especially important for babies, toddlers, women, and vegetarians. Lentils are packed with fibre, so drink some water with your meals or face the consequences!

this month's local food is from...

Am Braigh Farm

ambraighfarm.com

Fiddle Foot Farm

fiddlefootfarm.com

Wallace Farms

La Tea Da Lentils

facebook.com/ontariolentils/

Fresh and Tasty Mushrooms

freshandtastymushrooms.com

Hidden Meadow Farms

facebook.com/HiddenMeadowsFarmCaledon

