

Mark's Kitchen

drhyman.com

Shepherd's Pie

This week we are featuring a very special and seriously delicious recipe from one of my favorite restaurants, [Mission Heirloom](#) in Berkeley, California. They are a new kind of health food shop and cafe dedicated to the simplest of things -- a deliciously satisfying, nourishing meal everyone can love; made by people that pay attention to all the necessary steps needed to making a truly chemical-free meal. This Shepherd's Pie is one of their most popular meals. I loved it so much that I had to share it with you all. Enjoy!

Serves: 4 Cook Time: 1 hour and 15 minutes

For the Broth:

- 1 pound lamb bones (neck and knuckle bones are best)
- 3 quarts filtered water

For the Lamb and Veggie Mixture:

- 2 ounces fennel (approximate 1 whole bulb)
- 1/4 pound carrots
- 1 ounce celery hearts
- 1 pound of grass-fed ground lamb
- 2 tablespoons chopped oregano leaves
- 4 tablespoons thinly grated fresh ginger root
- 3 tablespoons thinly grated fresh turmeric root
- 1/2 teaspoon cinnamon powder
- 1/4 teaspoon of mace bark (if available, optional)
- 1/2 teaspoon vanilla powder
- 4 tablespoons chopped shiso leaves (or mint if shiso is not available)
- 1 plus 1 pinch sea salt

For the Puree and Garnish

- 1 1/2 pounds sweet potatoes
- 1 cup filtered water
- 1 pinch sea salt
- 4 tablespoons [Yucan Crunch crumbs](#) (you can substitute with your favorite chemical-free and gluten-free crumb)

Step 1 : Start the broth in which you will cook the lamb and veggies. Place the lamb bones in a medium stock pot. Add the water and bring the bones to a soft boil and cook until the water reduces to about 1 quart of liquid, about 1 hour.

Step 2: While the broth is cooking, prep and roast the veggies.

Preheat the oven to 350°F.

Wash the fennel, carrots and celery hearts thoroughly; keep the skins on the carrots for no-waste cooking or peel them if you prefer. Cut the veggies into bite-size pieces on an angle, about 3/4 to 1 inch in length. Place the veggies on a baking sheet, sprinkle the sea salt and roast in the oven for about 20 minutes or until fork tender. Optional: To boost flavor, brush a little coconut oil on the veggies before roasting.

Step 3: Check on the broth: If you see that you have about 1 quart of broth, remove the bones and discard. Add the ground lamb to the pot and break up the lamb using a wooden spoon. Adjust the heat to medium and cook the meat in the broth for about 15 minutes. Avoid overcooking the meat. Lamb should be cooked to 160 °F – 165 °F.

Step 4: Add the roasted veggies and the ginger, turmeric, cinnamon, oregano and mace bark to the meat and broth and stir to combine. Place a lid over the stock pot and let the mixture simmer for about 20 minutes. Check that the lamb is fully cooked. Add the remaining spices, mix to incorporate, cover and remove from the heat. Set aside.

Step 5: Wash and peel the sweet potatoes, then cut them into 1-inch cubes. Steam or boil the sweet potatoes until fork tender, about 15 minutes. Strain the potatoes and puree in a blender. To achieve a thick puree, you might have to add up to 1 cup filtered water. Set aside.

Step 6: Set your oven to broil and move the top rack. To make the pie, add the ground lamb and veggie mixture to a casserole dish. Then, add the sweet potato puree and smooth into an even layer over the top of the lamb mixture. Sprinkle the crumbs on the top of the puree and broil for 5 minutes. Carefully remove the dish from the oven as it will be very hot. Divide the pie onto 4 serving plates and enjoy!

*Extra tip: If you are looking to incorporate more veggies into your diet, add a layer of steamed broccoli before the puree.

Nutritional analysis per serving:

Calories: 330 • Fat: 25 g • Saturated Fat: 4 g • Cholesterol: 0 mg • Fiber: 4 g • Protein: 2 g • Carbohydrates: 25 g • Sodium: 710 mg