



premium red bolt lentil
shepherd's pie | Simon Bryant

Cook 150 g dirt(y) premium red bolt lentils from Yorke Peninsula with 5 times their volume of cold water for 30 minutes.

Get 700-odd grams of peeled spuds simmering or steaming to make a mash. Preheat the oven to 220°C.

Fry off an onion, a couple of celery sticks, a carrot (all finely diced) and a couple of cloves of crushed garlic, in 3 tbsp olive oil; throw in a bay leaf and a few stripped and chopped sprigs of thyme and rosemary...cooky cooky until all softened.

Add a tbsp tomato paste, a cup of diced tinned tomato, one tbsp red wine vinegar and 100 g any old mushies (chopped) then cook 5 or so mins. Throw in lentils, salt flakes and pepper to taste and simmer until hardly any liquid is left. Finish with a big handful of chopped parsley and throw the lot into an oven proof dish (or 4 little ones if you hate sharing).

Whip up the mash by draining cooked spuds and mashing with about 100 ml/g of each cream and butter and a big handful of grated cheese salt flakes and pepper.

Top the lentil mix with the mash and bake for 15 mins or until the topping is crusty and golden! Serve with a really good tomato sauce - home-made if you can get it!
[serves 4]

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