

FoodFest at the Market



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**Saturday,
Nov. 16, 2019
FoodFest**



**Comox Valley
Farmers' Market**

cvfm.ca

Lentil Shepherd's Pie

Lentil Filling

- 2 Tbsp butter
- 2 Tbsp olive oil
- 1 onion, finely chopped*
- 2 cloves garlic, finely chopped*
- 1 stalk of celery, finely chopped
- 1 carrot, peeled and finely chopped*
- 8 mushrooms, quartered and sliced*
- 1/4 cup yellow bell pepper, finely chopped*
- 1 tsp chopped fresh thyme*
- 1 1/2 tsp ground cumin
- 1/2 tsp ground cardamom
- 1 cup dried brown lentils, rinsed
- 1 large field tomato, cored and finely diced*
- 2 cups vegetable stock
- 1 Tbsp tomato paste
- 1/2 Tbsp honey*
- 4 dashes Worcestershire sauce
- 1 Tbsp balsamic vinegar
- 1 Tbsp lemon juice
- 1 tsp lemon zest
- 2 Tbsp chopped basil leaves

Potato Topping

- 1 1/2 lbs potatoes, peeled and quartered*
- 1 cup rutabaga, peeled and cut in large dice*
- 1 Tbsp butter
- 1/2 cup whipping cream
- 1 Tbsp olive oil

Lentil Filling:

Melt butter and olive oil in a large saucepan on medium heat.

Add onions, garlic, celery, carrots, mushrooms and bell peppers. Sauté for 3-5 minutes until softened. Add thyme, cumin and cardamom, cook for 2-3 minutes. Add lentils, tomatoes, stock, tomato paste, honey, Worcestershire sauce, balsamic vinegar, basil, and lemon juice and lemon zest. Season to taste with salt and freshly ground black pepper. Bring to a boil reduce heat to low and cover and simmer for about 40 minutes, stirring occasionally.

Potato Topping:

Place potatoes and rutabaga in a large saucepan. Cover with water, add salt and boil on medium-high heat until tender, 25-30 minutes. Drain well. Mash or put through a potato ricer. Add butter and cream and mix well to make topping light and fluffy. Season with salt and pepper to taste.

Assembly:

Preheat oven to 375°F. Grease a 9-inch ovenproof dish. Pour in filling and allow to cool. Spread mashed potato mixture evenly over the top. Brush with olive oil. Bake uncovered for 40-45 minutes until golden brown.

Portion and serve on warmed plates with steamed green vegetables.

Serves 4-6

Shepherd's Pie



**ingredients available at Comox Valley Farmers' Market*