

SHEPHERD'S PIE WITH CHICKEN

MONDAY
COMFORT FOOD NIGHT

Serves 4-6

Time: About 50 minutes

Plan Ahead: Prepare the chicken. Use left-over mashed or baked potatoes.

- 6 medium Russet potatoes - about 2 pounds
- ½ stick butter (¼ cup)
- ¼ cup sour cream
- ¼ cup mayonnaise
- 2 teaspoons minced green onions (optional)
- ¼ cup milk
- ½ cup cheddar cheese; or pepper jack cheese
- 3 boneless/skinless chicken breasts, cut into small pieces
- 2 Tablespoons olive oil
- 1 small yellow onion, chopped
- 1 Tablespoon olive oil
- 1 large carrot, peeled and chopped
- 2 Tablespoons butter
- 2 Tablespoons flour
- 1¼ cups chicken broth
- ¼ teaspoon cayenne
- ½ cup frozen peas
- Chopped parsley to taste
- 1 Tablespoon fresh tarragon or rosemary, chopped
- ¼ teaspoon paprika
- 1½ cup fresh breadcrumbs (3 pieces of sandwich bread)
- 4 Tablespoons melted butter

1. Peel the potatoes and cut into 1 inch squares. In a medium size sauce pan fill the pan with enough water to just cover the potatoes and bring to a boil over medium high heat. Add salt and pepper. Turn the heat down and boil until tender.
2. Drain the potatoes. Add the butter, sour cream, mayonnaise, green onions and milk. Mix with an electric mixer until smooth. Stir in shredded cheddar cheese. Season with coarse salt and ground black pepper.
3. Wipe off the chicken breasts with wet paper towels. Cut the chicken into 2 inch pieces. In a medium size saucepan over low heat, fry onion in olive oil until almost caramelized, stirring regularly, then add the chicken. Season generously with coarse salt, fresh ground black pepper and cayenne.
4. Add 1 additional Tablespoon olive oil and fry the chicken and the carrot together for 3 to 4 min.
5. In a small saucepan, melt 2 Tablespoons butter and add 2 Tablespoons flour. Stir until bubbly. Add chicken broth. Whisk together and bring to a boil until thickened. Stir in the peas. Stir this sauce into the chicken and veggies.
6. Add chopped parsley, rosemary or tarragon and paprika. Season to taste with coarse salt and fresh ground black pepper.
7. Butter a 9x13 in. baking dish. Put a layer of chicken and veggies on the bottom of the pan. Add a layer of mashed potato on the top. Repeat.
8. Mix the breadcrumbs with the butter and spread over the top of the casserole. Dot with a few pieces of extra butter. Bake at 400° for 25 min.

Serve with: Green & yellow zucchini; Swiss chard; spinach; 2 Basic Salads page 258.

Variations: May use ground lamb or hamburger - make sure to drain off the grease from the lamb or hamburger. Use beef broth in place of chicken broth. Use baked potatoes, peel and mash. You can freeze left-over mashed potatoes for up to 2 weeks. Make a double batch and freeze half. Add 1 Teaspoon dried rosemary or tarragon.

This long-time familiar dish to all cooks is making a come back here in the U.S. I like it best made with chicken. Good food always comes around again. I love this recipe of mine! xo