

SWEETPOTATO SHEPHERD'S PIE



Photo: V. Atakos (CIP-SSA)

Ingredients

4 medium sweetpotatoes

½ kg of minced lamb

½ cup milk

50 gms of butter

1 egg

Freshly ground black pepper

Salt to taste

1 big onion

Ginger and garlic paste

2 tomatoes (blended)

1 celery stalk (finely chopped)

1 carrot diced

½ cup garden peas (par boiled)

Oregano

Cinnamon powder

Method

Wash and steam the sweetpotatoes

Add the milk and butter and mash till creamy

Cook the onions add the celery and the minced lamb

Cook over rapid heat till browned.

Add tomatoes and vegetables, season and simmer to a thick consistency.

On a baking tray layer an alternate sweetpotato mash and lamb mince.

(sweetpotato mash-lamb -sweetpotatomash)

Egg wash and bake in a hot oven (30 minutes) till the surface is browned.