

## **Video Script: Recipe, Shepherd's Pie**

*We start in a commercial kitchen with Elaine McCarthy, Community Worker. Elaine places the ingredients and tools she will need for the Shepherd's pie onto the counter. As she does this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'.*

Hi! I'm Elaine, a Community Worker with a passion for delicious food and nutrition.

*As Elaine speaks we see a casserole dish with a cooked Shepherd's pie. We also see a closer look at the ingredients used including lean ground beef, corn, diced carrots, celery, peppers, and onions. Then we see Elaine's dinner plate with Shepherd's pie and a side salad.*

Today we will put together a recipe that is dear to my heart, Shepherd's pie: a casserole that is both satisfying to your stomach and your soul. This is a comfort food at its best served, with nice salad and a slice or two of whole wheat baguette on the side. This will become a tried and trusted favorite around the household. Traditionally Shepherd's pie is made with mutton or ground lamb. Today, we're going to be using an extra lean ground beef, which is great to use because when you're cooking it out and you're rendering off all of that fat, you're going to end up with more product if your meat is lean.

A great form of lean protein is turkey, so you could totally use ground turkey in here or some cooked lentils to make a vegetarian Shepherd's pie.

*Text appears on the screen, 'use canned or cooked green/brown lentils'.*

*Elaine places a large pan on the stove and turns on a burner. Next, she adds some olive oil to the pan followed by the ground beef. We see the text 'brown the meat, if using'. Then Elaine takes the pot of peeled cooked potatoes and carefully drains them in the sink.*

So the first thing we're going to do is we're going to turn the heat on to my pan. I'm just going to add the tiniest little bit of olive oil, then I'm going to add the ground beef. So just while that's cooking we're going to take our cooked peeled potatoes, we're going to drain them very carefully, we don't want that boiling water splashing up on us. I chose to keep my potatoes whole because they won't absorb as much of the water in the cooking process. If you choose to chop your potatoes, make sure you have them in nice even pieces so they cook evenly.

*Elaine stirs the meat as it cooks, then returns to mashing the potatoes in the same pot they were cooked in. She adds 2 tablespoons of margarine and a quarter cup of milk to the potatoes and continues to mash.*

All right. We're cooking with some serious fire here. All right, I'm going to mash these potatoes up. Going to add a little bit of margarine, a little bit about of milk.

*Elaine mixes the cooking beef with a designated wooden spoon, carefully breaking down the larger chunks to make sure it is fully cooked. Then she removes the pan from the heat and drains the excess fat off the meat using a strainer. Next, Elaine returns her pan to the stove to cook the vegetables, a separate pan and utensils. She adds oil to the pan and adds onions, celery, carrots, and garlic. Then she covers the pan and cooks her vegetables slowly.*

Once all this beef is browned, we're going to drain off some of this excess fat, and then we're going to pop it back into the pan with all its vegetables. I just want to use my wooden spoon and get all of these larger clumps broken up so we can make sure we get this nice and cooked. Once my meat is completely browned, I will remove it from the pan and allow any of the excess fat to drain off. No one wants greasy Shepherd's pie. I'm going to turn my pan back on. So, a medium heat, little splash of olive oil or vegetable oil, or whatever you have on hand. So, we're going to start by adding our mirepoix. A mirepoix is a balance of onions, celery, and carrots. I'm going to start with our onions, going to add my celery, and my carrots. So, I'm going to add a little bit of garlic, I don't think that's actually on the recipe, but who doesn't love garlic. I want to gently cook the mirepoix in the pan on low heat and cover it. This will prevent browning of the vegetables, and it's also going to help pick up the brown bits that have been left on from the caramelization of the beef.

*Elaine adds some more margarine and milk to her potatoes and mixes to combine. Then she adds peas to her cooking vegetables. She stirs the vegetables and watches for the colour to change.*

Just add a tiny bit more margarine and milk to my potatoes.

All right, so I have some peas that have come out of the freezer, I'm going to add those. I'm also going to be adding corn, but I like to put my corn in between my potatoes and my meat next to them. But we do want to see a little bit of color change from the, the carrots. We want to see them going a bit brighter orange. We want to see the onions go a little bit translucent, and we want to see some bright green celery here. So, it's not quite ready if we're keeping it covered, we're not going to have the onions and the carrots caramelize, we're just going to have it sweat. The moisture that comes out of the vegetables are really going to help with our sauce.

*As the vegetables sweat at low heat, Elaine adds bay leaves and peppers to the pan. After the peppers cook a little bit, Elaine adds the cooked ground beef back in. We see text on the screen: 'add cooked meat and/or lentils'. Elaine stirs to combine the meat and veggies, and then she adds beef stock as well as small can of tomato paste.*

So, I do have a couple of bay leaves I'm going to toss in here as well, and then I'm just going to put in some red peppers at this point. And I just want to get a little bit of cooking on that red pepper. And then we're going to add the ground beef back in.

Give it a nice stir. Going to add some no salt added beef stock. So this is going to add some nice moisture to the dish and a bit of flavor. And now I'm just going to put in my tomato paste. So that's a whole small can of tomato paste, but you can see how great that's already thickening up. I just want to give this a bit of a taste. Just needs a little bit of pepper. I'm going to give this just a couple of seconds just to let that bay leaf get in there a little bit more. Then I'm going to remove the bay leaf and get this into a casserole dish.

*Elaine reorganizes her counter in preparation for assembling the Shepherd's pie in a casserole dish.*

For something like this it's really great to clean as you go. I want to be a little bit mindful of my countertop, so I'm going to just organize this a bit. This is going to be smoking hot. I just want to put it on this cutting board so I don't burn my counter.

*Elaine spoons the protein-vegetable mixture into the casserole dish. Next, she adds a layer of corn and then tops it off with the mashed potatoes. Elaine sprinkles smoked paprika onto the potatoes. Next, she places the casserole dish onto a baking sheet and places that in the preheated oven. We see the*

*Shepherd's pie baking and the text 'bake at 175° C (350° F) for 30 minutes' followed by 'internal temperature: 74° C (165° F)' on the screen.*

So we've got a nice thick sauce in here from that tomato paste and lots of beautiful vegetables. As mentioned, I like to have a layer of corn in between my potatoes. You could mix your corn in as well, but this is how I like it. At home, we'll use a mixture of squash, sweet potatoes and carrots mashed together. So, I'm just going to put a tiny little bit of smoked paprika on here for some color and then want to pop it into the 350 degree oven for about half an hour. One good trick also is to keep your casserole on a baking sheet, this is going to keep your oven clean in case you have any bubble over, and also it's a lot easier to take in and out of the oven.

Into the oven. We're going to bake it at 350 degrees and cook to a minimum internal temperature of 165 or 74 degrees Celsius. For a crispy top turn your oven setting onto broil and keep an eye on it so it doesn't burn.

*Elaine pulls the cooked Shepherd's pie out of the oven. Next, she plates the meal with a salad.*

So here it is comfort food at its finest, a beautiful Shepherd's pie for tonight. And we have another one that I'm going to label and date and pop in the freezer for when we're just running at a time and we need a healthy dinner. Now it's time for us to enjoy.

Eat well. Live well.

*The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with [food-guide.canada.ca](http://food-guide.canada.ca) below it. An acknowledgement logo for Food Literacy for Life, [foodliteracy.ca](http://foodliteracy.ca), appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework from [foodliteracy.ca](http://foodliteracy.ca) appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'*

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