Lentil Shepherd's Hotdish

One 9×13 in (23×33 cm) dish, at least 3.5 qt/3.3 L; 6 main-dish portions · Active 40 min · Total 1 hr 40 min

Ingredients

- 2 lb floury potatoes, peeled and cut in 1-in/2.5-cm pieces (900 g prepared)
- 8 cups water (1.9 L), for potatoes
- 3 tablespoons butter (45 g), divided: 2 tablespoons/30 g for mash and 1 tablespoon/15 g for filling
- 1/3 cup milk (80 ml)
- 1 tablespoon olive oil (15 ml)
- 1 large onion, finely chopped (180 g)
- 2 medium carrots, cut in 1/4-in/6-mm dice (180 g prepared)
- 8 oz mushrooms, finely chopped (225 g)
- 2 garlic cloves, finely chopped (6 g)
- 2 tablespoons tomato paste (30 g)
- 1 tablespoon all-purpose flour (8 g)
- 1 cup low-sodium vegetable stock (240 ml)
- 2 cans brown or green lentils, drained and rinsed (1 lb 1 oz/480 g drained total)
- 3/4 cup frozen peas (100 g)
- 1 teaspoon dried thyme
- 2 teaspoons reduced-sodium soy sauce (10 ml)
- 1/2 teaspoon fine salt (3 g), for mash
- 1/4 teaspoon black pepper

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Large saucepan, 12-in/30-cm deep skillet, Sieve, Potato masher, Food thermometer, Rimmed baking sheet

Allergens

Milk, Wheat, Soy; check stock labels for celery. Check labels and substitutions.

Make it

1. Heat the oven to 400°F (205°C). Set the dish on a rimmed sheet. Put potatoes and their water in the saucepan, bring to a boil and simmer 15–18 minutes until tender. Drain, steam-dry for 1 minute and mash with 30 g butter, milk and salt.

2. Meanwhile heat oil and remaining 15 g butter in the skillet over medium heat. Cook onion and carrots for 10–12 minutes, stirring, until carrots are almost tender. Add mushrooms and cook 8–10 minutes over medium-high heat until released water has evaporated. Add garlic for 30 seconds.

3. Stir in tomato paste for 1 minute, then flour for 1 minute. Gradually add stock. Stir in drained lentils, peas, thyme, soy sauce and pepper. Simmer 5 minutes, or the pea package time if longer, until peas are cooked and the filling is thick and steaming.

4. Spread hot filling in the dish. Spoon mash over it in mounds, join gently and draw ridges with a fork. Bake 25–30 minutes until golden at the high points and 165°F (74°C) in the center and several other spots.

5. Rest 5 minutes, then spoon into six portions.

Serve through both layers

Use a broad spoon to reach the lentil gravy and the potato roof together. A tart cabbage or cucumber side is useful, but the potatoes already provide the starch for the meal.

A useful detail

The 100-minute total allows chopping and overlapping potato cooking with the longer vegetable stage. Canned lentils are the specified starting ingredient. Do not put dry lentils directly into this filling.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days, keeping an earlier deadline if lentils or stock were cooked or opened before today. Reheat to 165°F (74°C). Freeze promptly cooled portions for up to 2 months for quality and thaw in the refrigerator before reheating.