

Shepherd's pie with Jerusalem Artichokes



Ingredients for 4 people

350 g carrots
1 onion
1-2 garlic cloves
A little rapeseed oil
1 tbsp tomato puree
200 g young peas (tin)
400 g tomatoes
2 bay leaves
1 tsp sweet paprika powder
1 tsp smoked paprika powder
½ tsp cayenne pepper
Salt and pepper

Ingredients for the purée:
800 g Jerusalem artichokes
200 ml milk
60 g butter
A little freshly grated nutmeg
Salt and pepper
2 sprigs of thyme

Peel the carrots and cut into small cubes. Peel the onion and garlic cloves and also chop small. Add a little rapeseed oil to a pan. Add the tomato purée, onions, garlic and carrots and fry over medium heat.

Add the tomatoes, peas and bay leaves. Add a little water and season with the paprika powder, cayenne pepper and freshly ground salt and pepper. Simmer gently over a low heat with the lid on.

Preheat the oven to 220 °C (grill setting). Clean the Jerusalem artichokes using a vegetable brush, cut them into pieces and boil them in a saucepan with salted water for about 15 to 20 minutes. Remove the artichokes and set aside in a bowl.

Pour the milk into the saucepan and bring to the boil. Reduce the heat and return the Jerusalem artichoke to the pan. Mash the artichokes in the milk. Stir in the butter and season the mash with nutmeg and a little salt.

Place the vegetables in a baking dish and sprinkle the Jerusalem artichoke purée on top. Grill the Shepherd's Pie for about 10 minutes on the top shelf until the purée is slightly browned on the top.

Bon app