



Shepard's Pie

SERVES: 4

PREP TIME: 30 MIN

COOK TIME: 1 HOUR 15 MIN



Ingredients

- 4 pork chops (from Wednesday)
- 4 cloves garlic, peeled and smashed
- 1 sprig fresh thyme, leaves removed from stem, plus 2 tsp chopped
- 1 sprig fresh rosemary, leaves removed from stem, plus 1 tsp chopped
- 2 tsp extra virgin olive oil
- 4 carrots peeled and chopped
- 2 parsnips, peeled and chopped
- 4 celery stalks, chopped
- 1 medium onion, chopped
- 2 tsp all-purpose flour
- 4 cups chicken stock
- 4 medium russet potatoes, peeled and quartered
- 4 tbsp unsalted butter, at room temperature
- ½ cup whole milk, at room temperature

Preparation

1. Preheat water bath to 185°F.
2. Peel and quarter 4 medium russet potatoes and set aside.
3. Peel and dice carrots and onions and also dice celery and parsnips.
4. Place potatoes into 1-gallon vacuum seal pouch with oil, rosemary and salt, vacuum seal and put into water bath.
5. Place diced carrots, onions, celery, parsnips and thyme into vacuum seal pouch with oil and salt. Then place into a 1-gallon vacuum seal pouch, vacuum seal, then put in water bath.
6. Cook both pouches for at least one hour.
7. While the potatoes and vegetables are cooking, cut pork chops into small cubes.
8. When potatoes and vegetables are done, remove the vegetables first and pour pouch contents into large, broiler-safe baking dish with at least 2-¾ inch depth. Mix in pork chops, 4 cups of chicken stock and flour to thicken. Stir.
9. Next remove the potatoes and empty the pouches content into a large mixing bowl. Add 4 tablespoons of unsalted butter, at room temperature and 1/2 cup whole milk and mash potatoes. Season with salt and pepper to taste.
10. Spread mashed potatoes evenly on top of the vegetable and pork mixture.
11. Broil in oven until potatoes are well browned, which should take 4 to 5 minutes. Then serve.