

Messy Church Meal – Shepherd/Shepherdess Pie

One of the many gifts of the Messy Church gatherings are the teams working in the background to make a delicious meal, cookie bakers, setters and cleaners. In this time of CoVid 19, we want to not only find new ways to connect – but to grow our community in faith and prayer.

I asked one of our cooks to write out the recipe for a “shepherds pie” – and in keeping with a vegetarian option always available, she also sent along a variation to make it so! One thing I have noticed in her recipe is “other or substitutions” to the recipe. As you read through, measure to taste and put in your favorite items, for example chicken stock or veggie stock or a little wine – whatever is your tradition (sounds very Anglican doesn’t it?).

Here we go:

In a lasagne casserole dish roast the following ingredients in a 350 F oven for about an hour:

In small chunks add:

1 onion

6 carrots

2 stocks of celery

2 sweet potatoes or ??

1 whole head of garlic (and/or anything other vegetable you have in the pantry)

1 cup cherry tomatoes (or cut up tomatoes or canned tomatoes)

2 tbsp of fresh/or 1 tsp dry herbs

salt and pepper

2 tbsp oil

Make certain that all veg have been mixed up with the oil.

While that’s roasting (**for the Shepherd’s pie**) sautee ground meat (beef, chicken or lamb) in 1
tbsp of oil add 1tsp of salt and pepper, and any herb that you like (ex. Sage or ...)Sautee until meat is no longer pink.

Then add 1 heaping tbsp of white flour and 2 cups of any stock (beef, chicken or veg) you like.

Then add 1 cup of tomatoes, (tomato sauce or tomato juice or wine or water). Cook this until bubbling and then simmer for about 15 minutes.

Make you favorite mashed potatoes (or you could also add yams or sweet potatoes, or carrots or turnips)

OR for the **Shepherdess Pie**:

Make 2 cups of split red lentils

Add 1 can of mashed chick peas and a pinch of salt

Add 1 cup of canned frozen corn or peas

Add cut up tofu or tempe or 1pkg of “veggie ground round”

To combine these portions: first squeeze the roasted garlic over the roasted vegetables

Then add the stock combination to the vegetables

Add the “protein” (either meat or lentil combo) – this is the bottom layer of the dish

Layer on any other veggies like corn or peas

Stir in a flavour enhancer like 1 tbsp soy sauce, ketchup, tomato paste.....

Cover this with the mashed potatoes and finally sprinkle any kind of cheese or bread crumbs over the top.

Bake this at 350 F for about 35 minutes. Once out of the oven, let it cool for about 5 minutes then tuck in and enjoy.

And for desert - Chocolate chip oatmeal cookies

325° for 12 minutes

1 cup softened butter
1 cup packed light brown sugar
1/2 cup white sugar
2 eggs
2 tsp vanilla
1 1/4 cup flour
1/2 tsp baking Soda
1 tsp salt
3 cups quick cooking oats
1 cup semisweet chocolate chips

Add the dry ingredients to the wet - mix up then drop onto a greased cookie sheet and bake.
Enjoy!