

ES'S VEGAN SHEPHERD'S PIE



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3 potatoes
2 carrots
3 celery stalks
1/2 onion
450g mushrooms
1+ tablespoons cake flour
1 teaspoon fresh thyme
1 teaspoon fresh sage
2 teaspoons crushed garlic
2 ½ cups veggie broth
1/4 cup red wine
2 x 312 g vegan ground round 'beef'
salt
pepper
soy milk (or rice milk)
vegan butter
Dried parsley

Peel, chop, and boil the potatoes until soft.

Meanwhile, chop the carrots, celery, and onion, sauté in vegan butter or oil for a few minutes. Add the mushrooms, garlic, and season with salt and pepper, and sauté.

Add wine, flour, thyme, and sage.

Slowly add the veggie broth stirring continuously. Let simmer/cook till thickened to your liking.

Mash the potatoes and add the soy milk and vegan butter, till smooth. Season with salt and pepper to taste.

Place the veggie/'meat' filling into a baking dish, then spread the mashed potatoes over top. Make a rough scraped designs for the top. The rougher the surface, the crispier it will turn out.

Spray the surface with cooking oil. Sprinkle with dried parsley.

Broil for 10-15 minutes, or until the top is crispy.

Recipe and photo: Esme Slabbert