



Taste and Savor

## 1 Quick Recipe:

### "London-Style" Shepard's Pie

16 - 24 OZ Sliced Mushrooms,  
tossed with olive oil, salt, pepper  
and curry powder or garam masala  
and roasted in a 400F oven for  
about 20 minutes or until browned  
Extra Virgin Olive Oil Spray  
Sea Salt and Freshly Ground Pepper  
3 LBs Your Choice \*Root Veggies,  
peeled if necessary and chopped  
into 1" pieces  
2 Green or Red Jalapeños, ribbed,  
seeded and chopped, divided  
1 Cup Chopped Cilantro, divided  
2 Tsp Turmeric  
Juice of 1 Lemon  
4 TB Unsalted Butter  
1 Large Onion Chopped  
2 Grated Garlic Cloves  
2" Ginger, peeled and grated  
2 TB Curry Powder or Garam Masala  
1 (15 oz) Can Diced Fire Roasted Tomatoes  
1 Cup Frozen Green Peas, defrosted

**Step One** While the mushrooms  
are roasting Add your root veggies  
to a pot, cover with cold water,  
bring to the boil, cook for about 15 -

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

# The Friday 4



20 minutes. Drain, season and mash  
with the jalapeños, cilantro, (reserve  
a TB of the jalapeños and cilantro to  
garnish). turmeric, lemon and butter.  
Season to taste with salt and pepper.

**Step Two** For the mushroom filling,  
heat the oil in a pan and add the  
onion. Cook until soft, add the gar-  
lic, ginger and curry powder, cook  
until aromatic. Add the cooked  
mushrooms and tomatoes and sim-  
mer for 5 or so minutes until warm  
throughout, add the peas.

**Step Three** While the potatoes and  
mushrooms are cooking, preheat the  
oven to 400F. Assemble the pie by  
placing some mushroom filling on  
the bottom and topping with mash.

Bake for about 20 minutes until gold-  
en and bubbling. (Can be made in  
individual dishes as well.) Garnish  
with cilantro and jalapeños and serve.

## 2 Kitchen Scoop

Root Vegetables include: Sweet  
Potatoes, Carrots, Parsnips, Turnips,  
Celeriac (Celery Root), Potatoes,  
Beets, Rutabagas, Radishes and  
MANY more!

## 3 Clever Idea

This Shepard's pie has an Indian  
twist - the cuisine of choice for  
many Londoners. And, in the spir-  
it of clean-eating January we use  
mushrooms for the filling and a  
mash of root veggies - power  
foods!

## 4 Cheers!

**Evodia Garnacha**  
**Calatayud Spain**  
**About \$14**

A virtual spice box of aromas and fla-  
vors, this red wine has everything going  
for it to pair beautifully with this week's  
recipe. Flavors of warm baking spices,  
bright wild cherry in the glass and not too much acid or tannin makes it an  
easy drinker with all kinds of comfort food including soups, stews and braises,  
roasted meats and aged cheddar. Its this week's "Weeknight Wine" on  
You Tube - click [HERE](#) to learn more about it!