
CARE TO COOK
Community
Integrated
Care
ROSEMARY'S
COTTAGE PIE

Ingredients

Community Integrated Care



400g Minced Beef



2 Tablespoons of Cooking Oil



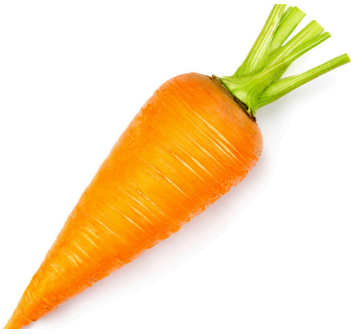
1 Rasher of Bacon



1 Onion



1 Celery Stick



1 Large Carrot



2 Garlic Cloves



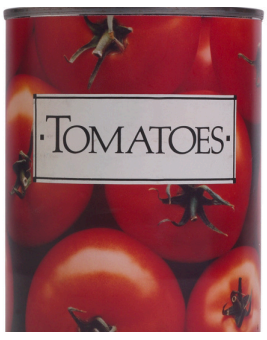
1 Tablespoon of Plain Flour



2 Teaspoons of Dried Thyme



A Few Drops of Worcestershire Sauce

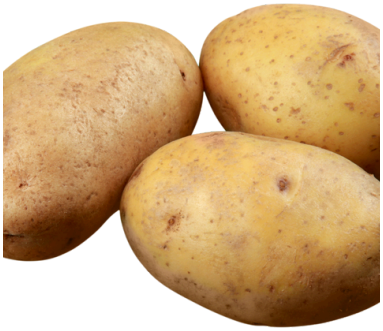


1 Tin of Chopped Tomatoes



2 Beef Stock Cubes for Beef Stock

Ingredients



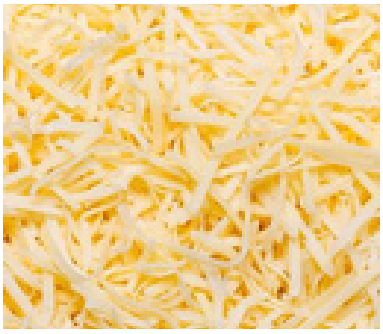
800g Potatoes



50g Butter



100ml Milk



100g Chedar Cheese



1 Tablespoon Horseradish Sauce (Optional)



Salt & Pepper

Equipment

Community Integrated Care



Apron



Teaspoon



Frying pan



Ovenproof Dish



Measuring Jug



Potato Masher



Knife & Fork



Cooking Spoon



Colander



Casserole Dish

OR



2 Saucepans

Equipment



Oven Gloves



Measuring Scales

Preparing for the cook-a-long

Measure all your ingredients.



Peel 800g of potatoes.



Chop the potatoes



Method - Cooking The Vegetables

Wash your hands and put on your apron.



Preheat the oven to 210 degrees or gas mark 7.



Put 2 tablespoons of oil in a frying pan.
Heat on medium.



Add the diced onion to the frying pan and cook until soft.



Add the chopped bacon to the frying pan.



Add the diced celery.



Add the chopped carrots.



Cook all the vegetables in the frying pan for 5 minutes.



Method - Cooking The Mince

Put 2 tablespoons of oil in a large saucepan or casserole dish and add the minced beef. Cook until brown.



Add the cooked vegetables to the beef and mix well.



Add the flour to the beef and vegetable mixture and stir.



Measure 400ml of boiling water in a measuring jug



Carefully add two beef stock cubes to the boiling water.



Gently stir the boiling water and stock cubes together to make your beef stock.



Add the 400ml beef stock to the saucepan or casserole dish.



Add the the thyme to the saucepan or casserole dish.



Add the garlic to the saucepan or casserole dish.



Add the Worcestershire sauce to the saucepan or casserole dish.



Mix the ingredients together.

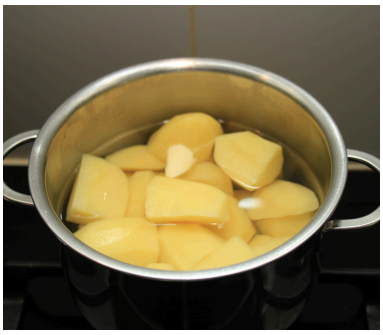


Leave to simmer for 30 minutes on the hob with no lid.



Method - Cooking The Potatoes

Boil the potatoes in salted water for 15 minutes until soft.



Drain the potatoes with a colander.



Add the butter to the potatoes.



Pour the milk to the potatoes.



Add the grated cheese to the potatoes.



Add the horseradish cream to the potatoes.



Mash all of that together using the potato masher until it is all mixed in.



Method - Preparing The Cottage Pie

Check the mince, add salt and pepper if needed.



Pour the mince into an ovenproof dish.



Add the mash potato on top of the minced beef. You can use a fork to spread it.



Place the dish into the preheated oven to cook for 30 minutes.

