



GAPS Shepherds Pie – Suitable for Full GAPS

This has become a staple part of our diet, it's easy to make and absolutely delicious. It's also a great one to freeze and cook at a later date.

This is written to be suitable for Full GAPS, if you're going to use in the introduction phase (stage 3 is ok) then make sure you don't add the cheese or use the more fibrous stems of the cauliflower.

I've replaced the mashed potato with a cauliflower mash, to do this I use the Thermomix but you could just as easily do it in a food processor so use whatever tools you have at your disposal.

There are three steps to this, first you need to make the meat filling (I use a simple Bolognese sauce), then I make the cauliflower mash to put on top and finally we put it together.

I tend to mince my own meat using either round, chuck or stewing steak, if you're not able to do this then get some fresh, preservative free, grass fed / organic mince from your local butcher.

I also make my own tomato paste and tomato puree but again, if you're going to purchase make sure you get an organic brand which has no added salt or preservatives.

Bolognese Sauce Ingredients:

1 kg mince meat

1 large organic brown onion, finely diced (or turbo for 1 second in Thermomix)

2 cloves of organic garlic (add this minced at the end of the cooking process)

2 tablespoons pure, unsalted organic tomato paste

700ml organic tomato puree

1 cup bone broth

1 cup meat stock (any meat stock is fine)

1 cup pureed pumpkin

1 cup pureed beetroot

1 Cinnamon Stick

1 Bay Leaf

2 tablespoons rendered animal fat, ghee or coconut oil



Method:

Place your chosen fat into a large saucepan and heat, quickly place the onion in there to gently cook. When it's softened add in the mince meat and lightly brown then add in the rest of the ingredients except for the garlic.

Cook for 1 hour on low, allowing it to simmer and thicken. When finished remove the bay leaf and cinnamon stick and add in the crushed garlic and stir through.

Cauliflower Mash: - this I do in the Thermomix

1 organic cauliflower

60 grams bone broth or meat stock

100 grams grated Cheddar or Colby Cheese

40 grams ghee

Himalayan Rock Salt and Cracked Black Pepper to taste

Method: - for Thermomix

Roughly chop the cauliflower and place in the Thermomix in two batches (if you're using this in the introduction phase of the diet don't use the more fibrous stems of the cauliflower)

Turbo pulse each batch 3-5 times until it's been finely chopped

Place all of the cauliflower back into the Thermomix bowl, add the bone broth or meat stock and cook for 12 minutes, 100 degrees on speed 1.

When it's finished add in the cheese, ghee, salt and pepper and blend for 30 seconds on speed 7 until it's nice and creamy.

Method: - without Thermomix

Place the cauliflower into your food processor and pulse until it's finely chopped then put it into a saucepan with the broth or meat stock. (you'll have to pay closer attention in the saucepan to make sure it doesn't dry out so make sure you have some extra broth / stock on hand in case you need to add a little more.)

Cook for 12-15 minutes until soft then you can either transfer it back to the food processor, add in the cheese, ghee, salt and pepper and blitz until creamy, or alternately mash in the saucepan with a potato masher then add in the cheese, ghee, salt and pepper and mix through.



Assembly:

Take a deep dish and half fill it with the bolognaise sauce. Add in some frozen peas and stir through the mix. Take the cauliflower puree and put it on top of the sauce and sprinkle with some grated cheese.

Bake in a 180°C Oven for 30-40 minutes or until golden brown on top.