

SPICED “SHEPHERD’S PIE” WITH LIMA BEAN CRUST

Prepared by: Laura Lutz, January 2019

Source: Ottolenghi Simple

90ml olive oil
3 garlic cloves, peeled and crushed
3 banana shallots, peeled and thinly sliced
600g minced lamb
2 tsp cumin seeds
1 tbsp ground allspice
Finely grated zest of 2 lemons
Salt
3 tbsp tomato paste
3 tbsp rose (or regular) harissa
100g dried apricots, quartered
280ml chicken stock
220ml white wine
80g pitted green olives, cut in half lengthways
670g cooked lima beans (ie, 3 tins’ worth, drained; alternatively, soak 400g uncooked beans in water overnight with a teaspoon of bicarbonate of soda, drain and boil until cooked)
¼ cup tahini paste
3 tbsp water
Black pepper

Put 3 tablespoons of oil into a large heavy-bottom pan with a lid and place over medium-high heat. Add the garlic and shallots and saute for 5 minutes, stirring frequently, until soft and golden. Increase the heat to high and add the lamb, cumin, allspice, half the lemon zest, and ½ teaspoon salt. Fry for 5 minutes, until browned, stirring every now and then, then add the tomato paste, harissa and apricots. Fry for another 2 minutes, then pour in the stock and wine. Decrease the heat to medium and simmer, covered for 30 minutes. Once cooked, set aside to cool, then add the olives. Spoon into a 8x10-inch ovenproof high-sided dish and refrigerate for at least 30 minutes. This will firm up the meat making it easier to spread the mash on top. Preheat the oven to 400.

To make the mash, mix the lima beans in a bowl with the remaining lemon zest, 2 tablespoons of the olive oil, the tahini, water, ¾ teaspoons salt, and a grind of black pepper. Use a potato masher to mash the beans; they don’t need to be completely smooth, just spreadable. Spread the mash over the lamb, then use a spoon to make a few shallow divots. Drizzle with remaining 1 tablespoon of oil and bake for 30 minutes, until nicely colored and bubbly. Rest for 10 minutes before serving.

Laura’s Notes: Can be spicy so watch how much harissa you put in! Would be good with mashed potatoes on top instead of lima beans. I’m not sure I’d make this again.