

# Carmichael's Shepherds Pie with Cheese & Oatmeal Crumble

**Serves 6 - 8**

## **Ingredients:**

- .75Kg - 1kg cooked Carmichael's lamb - finely minced
- 5 tbsp cooking oil
- 2 Onions chopped
- 4 Carrots - finely diced
- 2 Parsnips - finely diced
- 1 tbsp Wheatrig flour
- 1 pint water or left overgravy
- 1 tbsp tomato puree

## **For the topping:**

- 75g Wheatrig flour
- 75g medium oatmeal or porridge oats
- 100g grated cheddar cheese
- 1 tsp mustard powder

## **Method:**

1. Heat Black & Gold oil in a casserole, add onions, carrots and parsnips stirring from time to time.
2. After about 10mins, add the minced lamb and cook for a further minute or two.
3. Stir in flour and cook for a minute or so.
4. Pour on water orgravy together with tomato puree and salt and pepper.
5. Bring to the boil and simmergently for 20 mins or so.
6. Mix all the ingredients for the crumble, rubbing them with your fingertips. Sprinkle the crumble over meat filling in casserole and cook in a moderate oven - Gas mark 4, 180°C, 350°F, for 30-35 mins.
7. Nice served with baked potatoes and cabbage, stir-fried withgrainy mustard orgrated nutmeg.