

WHAT'S ON LORETTA'S SONOMA TABLE:

BISON SHEPHERD'S PIE

Ingredients:

7-8 cups mashed potatoes (regular or white Jersey sweet potatoes)
3-4 medium-to-large carrots, diced
1 cup diced yellow onion
4 teaspoons salt, divided
6 tablespoons olive oil, divided
1 bag frozen peas
1 can (6 ounces) tomato paste
3 pounds ground bison
2-3 tablespoons ketchup
3 tablespoons Worcestershire sauce
2 tablespoons cornstarch, mixed with 1/4 -1/3 cup room temperature water until dissolved

Directions:

Prepare mashed potatoes according to your favorite recipe and set aside. Preheat oven to 375° F.

Sauté carrots and onions over medium to medium-high heat in 3 tablespoons of olive oil until tender (6-7 minutes). Add 2 teaspoons salt and frozen peas and sauté for another 3 minutes. Add tomato paste to veggie mixture, blend well, and set aside.

Sauté the ground bison with the remaining 3 tablespoons of olive oil until just cooked through. Season with remaining 2 teaspoons salt and add ketchup, Worcestershire sauce, and cornstarch mixture, continuing to sauté until sauce has thickened and all ingredients are fully incorporated. Add vegetable mixture to meat mixture, stir until well blended, and transfer to an 11" x 14" baking dish or roasting pan. Layer your mashed potatoes evenly on top of mixture in pan.

Bake in preheated oven for 45 to 60 minutes, or until potato topping is golden brown. Allow to cool 5 mins before serving.
