

what geeks eat...



Cottage Pie

1 large onion diced
2 pounds ground beef
6 large potatoes
3 tablespoons butter
3 tablespoons flour
Chicken Stock
Seasoning (I used a couple dashes of Maggi but Worchester seems to be the norm)

Preheat oven to 400°. peel and boil the potatoes until tender. Drain and mash/whip using a mixer. Add the butter to the potatoes and taste for seasoning.

Sauté the onion until it's tender. Add the ground beef and brown it. If it's fatty drain some of the fat. Add the flour to the beef and stir it in so that it is combined. Slowly add chicken stock, stirring until you have the consistency you want. Not too thick, not too thin. Add your seasoning.

Butter a baking dish and spread the ground beef evenly throughout the pan. Spread the potatoes evenly over the ground beef. Using a fork or a spoon create texture on the surface of the potatoes so they'll brown well. Bake for 20-30 minutes or until golden brown.