

VERMONT ROOT VEGETABLE SHEPERD'S PIE

LIVELY LOCAL WINNER - MIDDLE SCHOOL

TEAM: WILDCATS

WILLISTON CENTRAL SCHOOL

ingredients

Pie Crust

(adapted from roughandtumblefarmhouse.com)

1 1/4 C King Arthur All Purpose Flour

1/4 t. salt

1/2 C. thinly shredded Cabot Extra Sharp Cheddar

1/3 C. cold shortening

4-5 T. ice water

ingredients

Quinoa and Apple Filling

- 1 C. red quinoa
- 2 C. vegetable broth
- 1 t. extra virgin olive oil
- 1/2 Cortland apple, diced
- Lemon
- 1/4 t, cinnamon

Root Vegetable Filling

- 2 sweet potatoes
- 2 carrots
- 2 parsnips
- 1/4 C. extra virgin olive oil
- 1/4 C. maple syrup
- 1 1/2 t. hot pepper flakes
- 1/2 t. salt
- 1/2 t. pepper

ingredients

Mashed Potato Topper

12 red potatoes
1/2 stick butter
1 1/2 C. sharp cheddar, shredded
1/2 C. heavy cream
1/2 C. chive or scallion, divided
1/2 t. salt
1/2 t. pepper
1 head of garlic
Extra virgin olive oil

Optional Fried Onions and State of Vermont Cheese Tuile

yellow onion, sliced
dusting of corn starch
1 C. vegetable oil
salt
Vermont sharp cheddar, shredded

preparation instructions

Preheat oven to 350°F.

Prepare the Vegetable filling. Line a cookie sheet with tin foil and spray with cooking spray. Set aside. Peel and dice the sweet potatoes, carrots and parsnips into the same size small pieces. Combine them in a large bowl and toss with the olive oil, maple syrup, hot pepper flakes, salt and pepper. Place the veggies on the lined cookie sheet and bake for 45 minutes to an hour, stirring every 20 minutes. Set aside.

Prepare your dough. (This recipe is for a 9” pie pan or four 6” individual tins.) Fill a cup with ice and water. Set aside. Spray your pie tin(s) with cooking spray and place on a cookie sheet, set aside. Break or cut shortening into small pieces. Combine flour, salt and shortening in a large bowl. Cut the shortening into the flour with a pastry cutter until small beads form. Sprinkle one tablespoon of the ice water over the mixture at a time using the pastry cutter to mix and cut until in between each addition until the water is absorbed. (Usually 4-5 tbsps. of water will be enough to form a dough.) Once your dough is together, use your hands to form into a ball. Put the ball on a floured surface and flatten with your hands into a nice round disk. Dust the disk with flour and use a rolling pin to roll out the dough until it is very thin. Line your pie plates with the dough leaving up to ½ inch above the pie plate. (The dough will shrink during cooking.) Prick the bottom and sides of the dough with a fork. Pre-bake for 20 minutes or until the crust starts to brown. Once baked off, set aside.

preparation instructions

Prepare your roasted garlic (If using). Slice the top off of the garlic head so that the garlic cloves are showing with none of their outer covering. Put the garlic on a piece of tin foil large enough to bring the sides up around the garlic head and close off. Form a bowl around the garlic and drizzle with $\frac{1}{8}$ - $\frac{1}{4}$ cup of olive oil. Close the aluminum foil around the garlic and tightly twist the top. Bake for 20 minutes or until the head is soft. Once it is cool enough to touch, squeeze the cloves out and transfer them to a bowl and mash with a fork until your desired consistency. Set aside.

Prepare your mashed potatoes. Fill a large bowl with ice water and 1 tsp. of salt. Fill a large pot with water and set aside. Peel and quarter the red potatoes. Keep the peeled potatoes and the quarter pieces in the cold water bath as you work, to prevent the potatoes from browning until you're ready to cook. Once all of the potatoes are quartered, add them to the pot of water and bring to a boil. Lower the heat to a medium high and continue cooking until the potatoes are fork tender. (Watch so that the pot does not boil over.) Meanwhile, cut the chives into small pieces. Drain the potatoes and rice them into a large bowl with a potato ricer. Add butter, heavy cream, cheese, $\frac{1}{4}$ cup or chives, salt, pepper and roasted garlic (if you choose to use it). Stir until the mixture is combined and smooth. Set aside.

preparation instructions

Prepare your Quinoa and Apples. Prepare your Quinoa according to package instructions but use vegetable broth instead of water, also add a tbsp. of Extra Virgin Olive Oil. While the Quinoa is cooking, peel and dice the apples into small cubes. Put them in a small bowl and squeeze with lemon to prevent them from turning brown. Set aside. When Quinoa is cooked, spread it out onto a cookie tray to let cool. Once the quinoa is cooled, dust the apples with the cinnamon and add them to the Quinoa. (If the diced apples sweat while you were cooking the Quinoa, drain the liquid before adding the Cinnamon.) Stir to combine. Set aside.

Prepare your Fried Onion. Put vegetable oil in a frying pan and heat over medium low heat while you prepare your onions. Peel onion and slice on a mandoline. Stack the slices and cut them in half. Lightly dust the onions with corn starch and mix. Bring oil up to 350°F and fry onions in small batches until lightly browned. Make sure oil returns to 350°F in between batches. Remove cooked onion pieces from oil and transfer them onto paper towels. Sprinkle them with salt.

preparation instructions

Prepare your Cheese Tuile(s). Place a flat bottomed pan over medium high heat. Place the Vermont (or cookie cutter of your choice) on the pan and spray the pan and inside of the cookie cutter with cooking spray. Lay a very light layer of shredded cheese in the cookie cutter and cook until the cheese has melted and starts to brown. Remove the cookie cutter with tongs and flip the tuile if necessary. Transfer cooked tuile(s) to paper towels to rest.

How to assemble your dish. Spread a thin layer of mashed potatoes on the bottom and sides of the pie crust. Add a ½ inch layer of the Quinoa and Apple mixture, pressing it into the mashed potatoes. Top with another thin layer of mashed potatoes. Top with 1” of the roasted root vegetables. Cover the top with a good layer of mashed potatoes. Garnish with the fried onions, chives and cheese tuile.

local ingredients

Flour from King Arthur Flour, Norwich, VT

Cheddar from Cabot Creamery, Cabot, VT

Butter from Cabot Creamery, Cabot, VT

Sweet potatoes from Laughing Child Farm, Pawlet, VT

Carrots from River Berry Farm, Fairfax, VT

Parsnips from Full Moon Farm, Hinesburg, VT

Red potatoes from Burnt Rock Farm, Huntington, VT

Yellow onions from Full Moon Farm, Hinesburg, VT

Heavy cream from Monument Dairy Farm, Weybridge, VT

Maple syrup from Last Draw Sugarhouse, Essex, VT