

TURKEY SHEPHERD'S PIE

(adapted from several sources)

3 tablespoons olive oil
1 head cauliflower, core removed, florets cut in pieces
½ cup water
Salt and pepper
1 large egg, lightly beaten
½ tsp smoked paprika
1 pound 93 percent lean ground turkey
¼ teaspoon baking soda
8 ounces cremini mushrooms, chopped
2 celery ribs, chopped
1 tablespoon harissa
¾ cup homemade or low-sodium chicken broth
2 carrots, peeled and chopped
1 tsp Herbes de Provence
1 tablespoon cornstarch dissolved in 2 tablespoons cold water

Heat 2 tablespoons oil in a pan until very hot. Add cauliflower and cook until softened and beginning to brown. Pour ½ cup water, season with salt and pepper, cover and cook until the cauliflower is fully tender, about 10 minutes. Transfer to a food processor, and process until smooth. Add the egg and paprika, and process a few more seconds. Reserve.

Prepare the ground turkey: in a bowl, add the meat, one tablespoon water, ¼ teaspoon salt, ¼ teaspoon pepper, and baking soda, mixing everything together. Set aside for 15 minutes. Heat remaining 1 tablespoon oil in a 10-inch skillet over medium heat until shimmering. Make sure to use a skillet that can go under the broiler. Add mushrooms and celery and cook until no liquid remains. Stir in harissa and cook for a few more minutes.

Add broth, carrots, and Herbes de Provence, and bring to a simmer. Add the turkey meat, breaking it up with a fork. Cover and cook until turkey is cooked through, about 10 minutes, stirring and breaking up the meat every few minutes. Whisk cornstarch and the 2 tablespoons water together in small bowl, then stir mixture into filling and continue to simmer until thickened, about 1 minute. Adjust seasoning, if necessary.

Pat the meat mixture to make it leveled, and spread the cauliflower puree all over the surface. If you like, use tines of fork to make a pattern of ridges on the surface. Place skillet under the broiler and broil for about 10 minutes, if necessary move the pan around to get homogenous color on the surface. Allow to sit for a few minutes before serving.