

# IMPOSSIBLE SHEPARD'S PIE WITH PUFF PASTRY LATTICE – CHEF'S ROLL CHALLENGE

Make it POSSIBLE with IMPOSSIBLE Burger – Chef's Roll Challenge

*Shepard's Pie with Puff Pastry Lattice*



*“Chef’s Roll teamed up with Impossible Foods to give its members an opportunity to be [a part of] cutting-edge culinary progress. [One hundred] chefs were shipped Impossible Food’s groundbreaking plant-based meat in order to show off its limitless possibilities.”*

I was lucky enough to be one of the one-hundred chefs chosen to try out the *Impossible Burger*. I made a delicious Shepard’s Pie with Puff Pastry Lattice, which unfortunately wasn’t chosen as a winner.



As a competitive food sport enthusiast, it's easy to second guess everything when your dish isn't a winner. I begin to wonder "did I style the recipe well enough," or "did I showcase the sponsors product clearly?" I always ask myself, "what could I have done differently to have my recipe chosen as a finalist or winner of this challenge?" This recipe was no different, and I honestly don't think I showcased the product well enough this time. Regardless I'm happy that even though my recipe wasn't picked, I had the honor of testing this crazy-good product. It actually looks and tastes like "real" beef.

### **MAKING A BETTER BURGER**

*A core part of our [mission](#) is to make delicious meat sustainably – bypassing animals and making it directly from plants. We've spent more than six years studying animal meat at the molecular level to discover how it "works"--how it handles and cooks, and especially how it produces the flavors and*

textures people love.

Our first product, the Impossible Burger, uses 75% less water, generates 87% less greenhouse gases, requires 95% less land and 100% fewer cows. It delivers the same protein and iron as a burger made from a cow – but its protein comes entirely from plants, and it's produced without the use of hormones or antibiotics, does not create a reservoir for dangerous pathogens, and contains no cholesterol or slaughterhouse contaminants. If everyone who eats beef burgers today chose Impossible Burgers instead, the positive impact on our planet and global health would be profound.

But some people have asked us if the Impossible Burger is too similar to a burger from cows. They wonder whether people who regularly eat our burger might experience the same long-term health risks associated with a diet rich in red meat from mammals.

We are confident the answer is no. And here's why...[Click HERE for the rest of the article](#)



I opened my package of *Impossible Burger* and gave it a thorough inspection. I was skeptical about its “meat like” appearance. The product smelled less like beef and more like plants; which is expected since its 100% plant-based product. I wondered how a carnivore like me could stomach cooking the stuff, and what I found surprised me.



IMPOSSIBLE BURGER RAW



IMPOSSIBLE BURGER MID COOK



IMPOSSIBLE BURGER COOKED



IMPOSSIBLE BURGER Looks like “real”cooked beef

At first touch I was skeptical of the texture of *Impossible Burger*, but then I thought to myself: raw meat is really no different than this stuff.” It’s funny how our minds trick us when we are trying something new.

Since this was my first time using the *Impossible Heme Plant-Based Burger*, I wanted to make an everyday meal to see how closely the product mimics real burger. I decided on one of my family’s favorites meals – Shepard’s Pie with Puff Pastry Lattice. It’s very rare for this carnivore to find a meat substitute that’s worth eating, but after tasting the product that changed. I was blown away by the consistency and flavor of the *Impossible Burger*; not to mention the beautiful caramelization during the browning process. My mind was blown by the authentic flavor of the *Impossible Burger*.



Impossible Shepard's Pie with Puff Pastry Lattice

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Serves 4

Since this is my first time using the IMPOSSIBLE Heme plant based burger, I wanted to make an "everyday meal" to see how closely the product mimics "real" burger. I decided on one of my family's favorites meals... Shepard's Pie with Puff Pastry Lattice. It's very rare for this carnivore to find a meat substitute that's worth eating but today that reality changed. I was blown away by the consistency and flavor of the IMPOSSIBLY Burger not to mention, the beautiful caramelization during the browning process. My mind was blown by the authentic flavor of the IMPOSSIBLE Burger.

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Prep Time

10 min

Cook Time

1 hr

Total Time



1 hr 10 min

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10 min

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1 hr

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1 hr 10 min

Ingredients

1. 1 17.3-ounce package frozen puff pastry
2. 2 pounds ground IMPOSSIBLE Burger
3. 1 onion, medium chopped
4. 1 carrot, medium chopped
5. 1 red pepper, medium chopped
6. 2 celery stalks, medium chopped
7. 5 cloves garlic, minced
8. 1 8-ounce package baby Bella mushrooms, stems removed, and sliced
9. 1/4 cup flour
10. 2 tablespoons butter, divided
11. 3 1/2 cup chicken stock, divided (substitute vegetable stock)
12. 1 tablespoon fresh chopped thyme
13. 1 tablespoon fresh chopped rosemary
14. 10 small potatoes, sliced
15. 1 12-ounce bag frozen peas
16. 1 egg, (egg wash, 1 egg, 2 tablespoons water)

Instructions

1. Heat oven 425
2. In a large sauce pan brown 2 pounds IMPOSSIBLE Burger in 1 tablespoon olive oil over high heat
3. Remove meat from pan and set aside on a plate
4. Add 2 tablespoon butter to pan and sauté, carrots, onions, garlic, mushrooms, red pepper and celery for 8 minutes or until vegetables are just softened. Season with pinch of sea salt and black pepper
5. Make a roux. Heat butter in a small sauce pan add. Cook stirring for 3-5 minutes. Turn off the heat and set aside
6. Add 2 cups chicken stock, sliced potatoes, and herbs to the cooked vegetable mixture. Simmer over medium heat for 20 minutes or until potatoes are tender. Add roux and stir until mixture is thickened.
7. Butter 2-9-inch baking dishes or a cast iron pan. Equally divide cooked IMPOSSIBLE Burger into the bottom of prepared baking dishes.
8. Spoon equal amounts of the thickened vegetable mixture over the IMPOSSIBLE Burger. Divided peas equally and sprinkle over vegetable layer. Pour 1/2 cup chicken stock into each pie dish for added moisture.
9. Cut puff pastry into 1/2 inch strips. Create a lattice over the pie by adding 5 strips of puff pastry about 1 inch apart on top of the pie filling, horizontally. Add 3-4 more

strips vertically alternating pieces to create lattice by peeling back the 2nd and 4th strips first, then peel back 1st, 3rd, and 5th, strips and add another strip of pastry. Continue until lattice is complete.

10. In a small bowl whisk 1 egg and 2 tablespoons water for egg wash. Brush puff pastry with egg wash and bake at 425 degrees for 30-40 minutes or until pastry is golden brown.

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>



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