

Cozy Cottage Pie with Ham

Recipe Description: Oven-baked shepherd's pie prepared with Washington state green split peas, roasted vegetables, and diced ham, finished with a creamy shredded potato topping that offers a culinary twist on a classic dish with comforting flavors.

Recipe Project Name: OSPI Team Nutrition Training Grant for School Meal Recipe Development
State Agency: Washington Office of Superintendent of Public Instruction (OSPI)

Preparation Time: 45 minutes
Cook Time: 1 hour 35 minutes

NSLP/SNP crediting information:

Split peas as meat/meat alternate: One 7.5 oz portion provides 2.5 oz equivalent meat/meat alternate and 3/8 cup total vegetables (1/8 cup red/orange vegetables, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

Split peas as vegetable: One 7.5 oz portion provides 0.75 oz equivalent meat/meat alternate and 7/8 cup total vegetables (3/8 cup beans, peas, and lentils, 1/8 cup red/orange vegetables, 1/8 cup starchy vegetable, and 1/4 cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion, mature, white, fresh, small dice	1 lb	1 pint 1 cup	2 lb	1 qt 1 pint	**1.** Preheat oven to 375 degrees F.
Carrots, fresh, peeled, small dice	1 lb	1 pint 1 cup	2 lb	1 qt 1 pint	**2.** Place an equal measure each of onions, carrots, bell pepper, celery, garlic, diced ham, and oil in each hotel pan (use 1 full-size, 2-inch hotel pan per 25 portions). Stir well to combine. Roast uncovered for 15 to 20 minutes until the onions are translucent.
Bell pepper, red, fresh, small dice	1 lb	1 pint 1 cup	2 lb	1 qt 1 pint	**3.** Reduce the oven temperature to 350 F.
Celery, fresh, small dice	1 lb	1 pint 1 cup	2 lb	1 qt 1 pint	
Garlic, fresh, minced	3 oz	6 Tbsp	6 oz	3/4 cup	
USDA turkey ham or ham, cooked, small dice	2 lb	1 qt 2 cups	4 lb	3 qt	
Vegetable oil	3.6 oz	1/2 cup	7.2 oz	1 cup	
Chicken or vegetable stock	7 lb	3 qt 2 cups	14 lb	1 gallon 3 qt	**4.** Using an 8-quart stock pot, bring the stock to a simmer with the bay leaves. Allow the bay leaves to steep in the liquid for 10 minutes. Remove the bay leaves and stir in the tomato paste, Dijon mustard, paprika, salt, thyme, white pepper, garlic powder, onion powder, and cayenne. Stir thoroughly to combine.
Bay leaves		8 each		16 each	
Tomato paste, canned, no salt added	6.4 oz	2/3 cup	12.8 oz	1 1/3 cups	
Dijon mustard	1.2 oz	2 Tbsp	2.4 oz	1/4 cup	
Sweet paprika	19 g	2 Tbsp	38 g	1/4 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt, kosher	18 g	1 Tbsp 1 tsp	36 g	2 Tbsp 2 tsp	
Thyme, dried	2 g	1 Tbsp	4 g	2 Tbsp	
White pepper	3.2 g	1 tsp	6.4 g	2 tsp	
Garlic powder	5 g	1 tsp	10 g	2 tsp	
Onion powder	2 g	1/2 tsp	4 g	1 tsp	
Cayenne pepper	0.8 g	1/4 tsp	1.6 g	1/2 tsp	
Split peas, green, dry	3 lb 8 oz	1 qt 3 cups	7 lb	3 qt 2 cups	5. Add an equal measure of the split peas to each pan with the roasted vegetables. Divide the seasoned liquid between each pan and stir.
					6. Cover the pan tightly with aluminum foil and bake for 60-75 minutes until split peas are tender and the liquid is completely absorbed.
Potatoes, dehydrated fine shredded, dry	2 lb	3 qt	4 lb	1 gal 2 qt	7. While split pea mixture cooks, reconstitute shredded potatoes with boiling water for at least 10 minutes. Strain off any excess water after reconstitution.
Water, boiling, for potato reconstitution	4 lb	2 qt	8 lb	1 gal	
Sour cream	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	8. In a bowl, combine reconstituted potatoes, sour cream, half of the Parmesan cheese, melted butter, lemon juice, salt, paprika, white pepper, and garlic powder. Mix until well incorporated.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Parmesan cheese, grated or shredded, divided	1 lb 2 oz	1 qt	2 lb 4 oz	2 qt	**9.** Remove split pea mixture from oven and discard the foil cover.
Butter, melted	4 oz	1/2 cup	8 oz	1 cup	**10.** Increase oven temperature to 375 degrees F.
Lemon juice	2 oz	1/4 cup	4 oz	1/2 cup	**11.** Evenly spread potato mixture over the surface. Sprinkle with remaining Parmesan cheese. Bake uncovered for 20 minutes, until topping is lightly browned. **Critical Control Point:** Ensure internal temperature reaches 165 degrees F.
Salt, kosher	14 g	1 Tbsp	28 g	2 Tbsp	**12.** Remove from oven and allow to rest in a warming cabinet for 30 minutes before service. Score each pan in a 5 x 5 grid for 25 portions. **Critical Control Point:** Hold hot at 135 degrees F or above.
Paprika	4 g	2 tsp	8 g	1 Tbsp 1 tsp	
White pepper	1.6 g	1/2 tsp	3.2 g	1 tsp	
Garlic powder	1.6 g	1/2 tsp	3.2 g	1 tsp	

NUTRITION INFORMATION
For 1/25 hotel pan, about 7.5 oz (serving size)

NUTRIENTS	AMOUNT
Calories	**342**
Total Fat	**13 g**
Saturated Fat	5 g
Cholesterol	32 mg
Sodium	**562 mg**
Total Carbohydrate	**41 g**
Dietary Fiber	9 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	**18 g**
Vitamin A	2008 mcg RAE
Vitamin C	13 mg
Vitamin D	0 mcg
Calcium	141 mg
Iron	3 mg
Potassium	728 mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Onion	1 lb 3 oz	2 lb 6 oz
Carrot	1 lb 4 oz	2 lb 8 oz
Bell pepper	1 lb 4 oz	2 lb 8 oz
Celery	1 lb 4 oz	2 lb 8 oz

NOTES

Use 2 full-size 2-inch hotel pans for 50 servings; use 4 full-size 2-inch hotel pans for 100 servings.

Each pan yields 25 scored portions in a 5 x 5 grid. A #6 scoop can portion the product, but scored portions provide better presentation.

Cooking Process #2: Same Day Service
This recipe is designed for same-day service using a direct-to-pan preparation method. For best results, measure and assemble ingredients directly into each full-size 2-inch hotel pan in 25-serving batches. This supports even lentil hydration, consistent cooking, and accurate portioning. Bake until lentils are tender and mixture is fully cooked, approximately 75 minutes. Hold hot at 135°F or above for service.

YIELD/VOLUME	
50 Servings	**100 Servings**
50: 2 full-size 2-inch hotel pans (12” x 20” x 2”); 25 portions per pan; approx. 7.5 oz each.	100: 4 full-size 2-inch hotel pans (12” x 20” x 2”); 25 portions per pan; approx. 7.5 oz each.

SOURCE:

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