



SEA SHEPHERD'S PIE

FROM COOKIN' UP A STORM  
BY LAURA DAKIN

# Sea Shepherd's Pie

*We couldn't have an official Sea Shepherd cookbook without including our signature dish, Sea Shepherd's Pie. Perfect for entertaining, this one-dish wonder can easily be made in advance and baked later in the day. Consider it your go-to entrée when you don't want to be stuck in the kitchen—or galley—if you can be enjoying good company instead.*

## Ingredients

### Filling

- 1 tablespoon (15 ml) vegetable oil
- 1 tablespoon (15 ml) vegan butter
- 3 cups (750 ml) sliced button mushrooms
- 1 leek, thinly sliced (tender green parts only)
  - 1 onion, diced
  - 1 carrot, peeled and diced
  - 1 stalk celery, finely diced
  - 3 cloves garlic, minced
- 3 tablespoons (45 ml) reduced-sodium tamari
- 1 teaspoon (5 ml) freshly ground black pepper
- 3 cups (750 ml) no-salt-added vegetable broth or water, plus more as needed
- 3 cups (750 ml) dried French lentils, picked over, rinsed, and drained
  - 2 tomatoes, finely diced
  - 1 tablespoon (15 ml) cider vinegar
  - 1 tablespoon (15 ml) nutritional yeast flakes

### Topping

- 4 potatoes, peeled and diced
- 1 tablespoon (15 ml) olive oil, plus more for drizzling
  - Pinch salt
- 1 tablespoon (15 ml) thinly sliced fresh chives

1. To make the filling, put the oil and butter in a large soup pot over medium-high heat until the butter is melted. Decrease the heat to medium and add the mushrooms, leek, onion, carrot, celery, and garlic and cook, stirring frequently, until soft, about 10 minutes.
2. Add the tamari and pepper and cook, stirring occasionally, for 8 minutes.
3. Add the broth, lentils, and tomatoes and bring to a boil over medium-high heat.
4. Decrease the heat to medium, partially cover, and cook, stirring occasionally, until the lentils are tender, about 25 minutes. If necessary, add more broth as the lentils cook so they don't become dry. Stir in the vinegar and nutritional yeast. Transfer to a 4-quart (4 L) casserole.
5. Preheat the oven to 400 degrees F (205 degrees C).
6. While the lentils cook, prepare the topping. Fill a medium saucepan with water and bring to a boil over high heat. Add the potatoes, partially cover, and cook until soft, about 15 minutes. Drain. Add the oil and salt and mash until the potatoes are smooth and creamy.
7. Spread the topping evenly over the filling. Sprinkle the chives evenly over the topping and drizzle with olive oil. Bake for 20 minutes, until golden brown and bubbly.

*Taken from Cookin' Up a Storm by Laura Dakin  
Reprinted with permission from Book Publishing Co.*

*Photo by MeShell Gudz*