

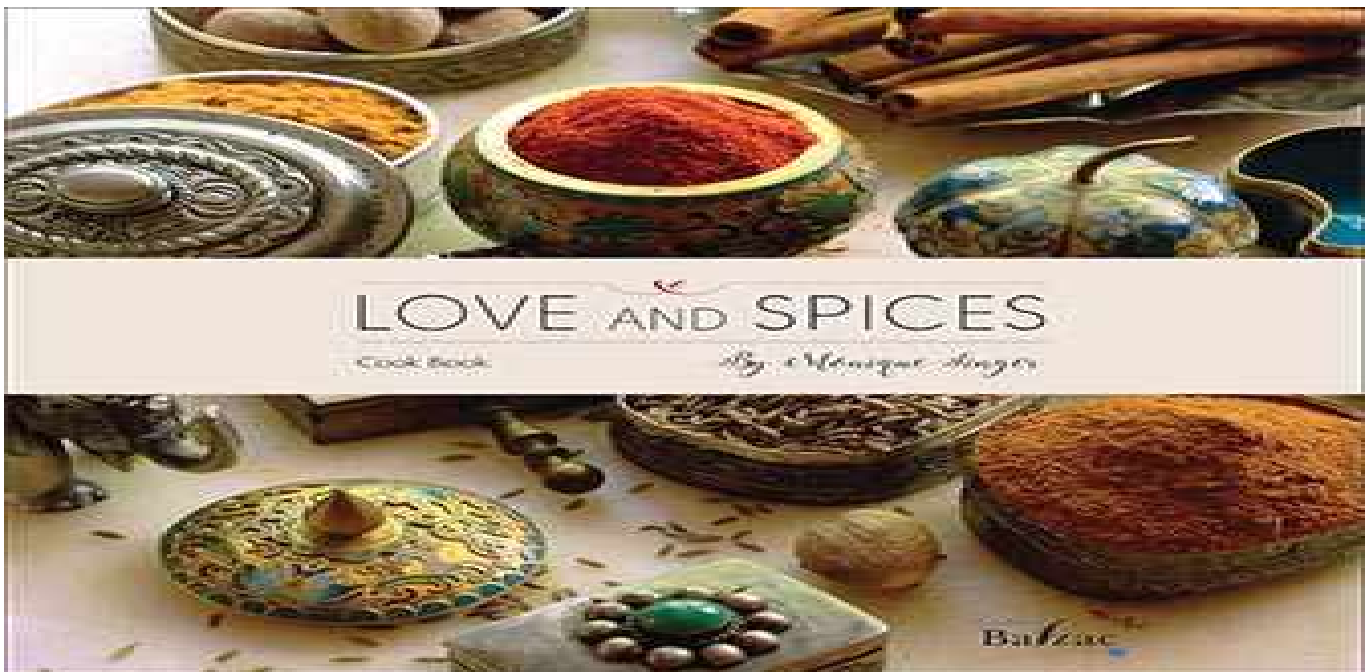


Love and Spices:  
Vegan Lovers Shepherd's Pie

## Description

**A delicious vegan version of an all-time favourite**

Recipe by **Monique Singer**



**Westmount Magazine** is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.



From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds. Enjoy!

## Vegan Lovers Shepherd's pie

Most of my family is Vegan, my sons Benjamin and Adam of whom I am so proud. The simplicity of this dish is very satisfying.

Preparation time 20 min | Cooking time 30 min | Preheat oven to 375°F/190°C | Yields: 6 servings

- 1 19 oz / 540 ml can or jar lentils, drained and well-rinsed
- 1 12 oz / 340 ml can sweet corn, drained and well-rinsed
- 3 medium sweet potatoes, baked
- 32 whole pecans
- 2 small shallots, chopped
- 2 garlic cloves, crushed
- 4 tbsp coconut oil
- 2 tbsp vegan butter or coconut oil
- 1/2 tsp nutmeg
- 1/2 tsp cayenne
- 1/4 tsp light brown sugar
- 1/4 tsp salt

Bake the sweet potatoes until soft.

While the potatoes are baking:

In a frying pan, with 2 tbsp coconut oil, sauté 1 chopped garlic clove then add the shallots.

Sprinkle salt, pepper, and cayenne.

Add the lentils and part of the nutmeg.

Cook, stirring, for 3 to 4 minutes.

Pour in a loaf dish and flatten into an even layer.

Sauté the remaining garlic clove and shallots for 3 minutes.

Mix in the corn with salt, pepper, cayenne and nutmeg.

Pour the corn evenly over the lentils, make sure to flatten.

Remove the skin from the baked potatoes and mash with a fork.

Stir in the vegan butter and the remaining salt, pepper and cayenne.

Place over the corn into an even layer.

Line up the pecan and sprinkle with sugar.

Bake for 20 minutes or until pecans are golden.

*The spices, salt and pepper should be evenly divided between the lentils, corn and sweet potatoes.*

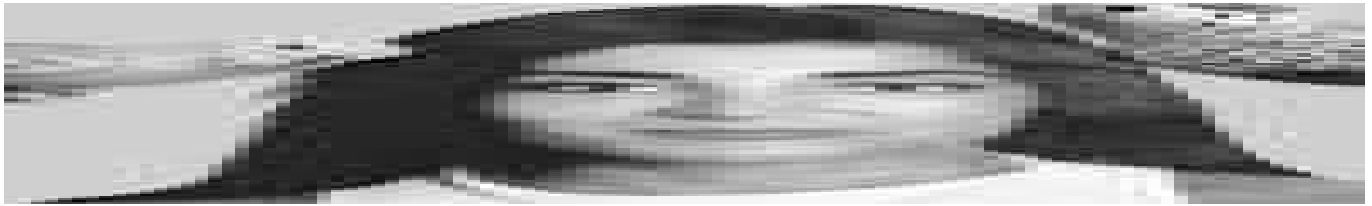
*Images: Anne Fillion*

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**Monique Singer** is a cultural creator now based in Montreal, usually found travelling the world, experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)



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