

Low-GI Cottage Pie with Carisma Potatoes

A blood sugar-friendly twist on British comfort food, featuring lean beef, fiber-rich vegetables, and special low-GI Carisma potatoes for steady energy.

Prep: 20 min

Cook: 60 min

Total: 80 min

Servings: 6

GL 29.0 / GI 59

Ingredients

Heart-healthy monounsaturated fat, minimal glycemic impact extra virgin olive oil

Adds savory depth; protein and fat help moderate blood sugar response middle rasher bacon, chopped

Low GI vegetable, adds fiber and flavor onion, finely diced

Medium GI when cooked, but fiber content helps slow absorption carrot, peeled and finely chopped

Very low GI, adds fiber and crunch celery stalk, trimmed and finely chopped

Negligible glycemic impact, may help improve insulin sensitivity large garlic cloves, crushed

High-quality protein with zero glycemic impact, promotes satiety lean beef mince

Low GI, concentrated umami flavor tomato paste, no added salt

Minimal carbs, alcohol cooks off; adds complexity red wine

No glycemic impact, aromatic herb fresh thyme, finely chopped

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No glycemic impact, enhances flavor freshly ground black pepper

Low-medium GI, excellent fiber and plant protein source frozen peas

Small amount for thickening, minimal glycemic impact in this quantity all-purpose flour

Liquid, no glycemic impact, adds savory depth reduced salt beef stock

Aromatic, no glycemic impact bay leaf

Special low-GI variety (GI ~55 vs 85 for regular potatoes), key to blood sugar control

Carisma potatoes, peeled and halved

Liquid, low GI, protein helps stabilize blood sugar reduced fat milk

Protein and fat with no glycemic impact, adds calcium grated reduced fat cheddar cheese

Instructions

Step 1

Preheat your oven to 200°C (400°F). Position the rack in the center of the oven for even cooking.

Step 2

Warm the olive oil in a large non-stick casserole dish or deep skillet over medium-high heat. Add the chopped bacon and sauté for 4-5 minutes until it turns golden and releases its fat, stirring occasionally to prevent sticking.

Step 3

Add the diced onion, chopped carrot, celery, and crushed garlic to the pan with the bacon. Cook for 5-6 minutes, stirring frequently, until the vegetables soften and the onion becomes translucent. This vegetable base adds crucial fiber to slow glucose absorption.

Step 4

Increase heat slightly and add the lean beef mince to the pan. Break it apart with a wooden spoon and cook for 6-8 minutes until completely browned with no pink remaining. Stir in the tomato paste, red wine, chopped thyme, black pepper, and frozen peas. Bring the mixture to a vigorous boil, then reduce heat to medium-low and simmer for 8-10 minutes until the liquid reduces by about one-third.

Step 5

Sprinkle the flour over the meat mixture and stir thoroughly to combine. Pour in the beef stock and add the bay leaf. Continue simmering for 10-12 minutes, stirring occasionally, until the sauce thickens to a rich, gravy-like consistency. Remove from heat, discard the bay leaf, cover the pan, and set aside while you prepare the potato topping.

Step 6

While the meat simmers, place the halved Carisma potatoes in a large saucepan and cover with cold water. Bring to a boil over high heat, then reduce to medium and cook for 15-18 minutes until the potatoes are completely tender when pierced with a fork. Drain thoroughly and return the potatoes to the hot pan. Add the reduced-fat milk and mash vigorously until completely smooth and creamy with no lumps remaining.

Step 7

Transfer the meat mixture to an oven-proof baking dish (approximately 23x30cm or 9x13 inches) and spread it evenly across the bottom. Spoon the mashed Carisma potatoes over the meat layer, spreading carefully to cover completely and create an even surface. Use a fork to create decorative ridges on top if desired—these will crisp beautifully. Sprinkle the grated reduced-fat cheddar cheese evenly over the potato layer.

Step 8

Place the assembled cottage pie in the preheated oven and bake for 28-32 minutes until the top turns golden brown and the cheese melts and bubbles. For extra color, you can finish under the broiler for 2-3 minutes, watching carefully to prevent burning. Allow to rest for 5 minutes before serving to let the layers set, making it easier to portion and maximizing the blood sugar benefits by allowing the dish to cool slightly.