

RECIPE

Fish Pie



Prep **20 to 30 minutes**

Oven **25 Minutes**

Serves **4 people**

Ingredients

- 1 medium size fillet of white fish – cod/haddock/pollock
- 1 medium size fillet of smoked fish – similar to above 1 pint of whole milk
- 750g of potatoes (not Estima variety)
- 1/2 bag of fresh spinach or 4 blocks of frozen
- 250g of frozen mixed vegetables
- 75g of grated mature cheddar cheese (optional for topping)
- 1 tbsp of plain flour
- 28g of butter
- 1 medium sized pie dish

Preparation

1. Peel the potatoes and place in a large saucepan to boil.
2. Place the fish flat in a large pan and cover with the milk, simmer on a low-medium heat for 10 to 15 minutes.
3. Place all the vegetables in the pie dish whilst the fish and potatoes are cooking and preheat your oven to 400f/200c/gas mark 5.
4. Once the fish is cooked strain the milk into a heatproof jug and add the fish to the pie dish.
5. To make the bechamel sauce melt the butter in a pan on a low heat and whisk in the flour once it's melted.
6. Slowly add the warm milk whisking constantly. It might go

a little lumpy if this happens whisk for a few moments and then use a wooden spoon to stir and thicken.

7. Pour the sauce over the fish and vegetables.
8. Layer the mashed potato on top and add grated cheese if desired.
9. Place in the oven for 25 minutes until golden brown on top.

Tips

The key ingredient for the white sauce is the milk from the poached fish, the smokey flavour is essential for a perfect fish pie.