

## Creamy Fish Pie

❖ Bring an ovenproof dish to make your pie in

### **Topping:**

750g / 1 ½ lb potatoes or sweet potatoes  
salt to taste (optional)  
3-4 tablespoons milk  
25g butter to cream potatoes

### **Base:**

250ml / ½ pint milk  
25g / 1oz butter  
25g / 1oz plain flour  
1 onion  
300-400g / 9-12oz fresh fish e.g. cod, haddock, coley, salmon, prawns  
250g / 8oz cooked vegetables of your choice e.g. mushrooms, peppers, sweetcorn, peas, leeks, broccoli, spinach



### **Method**

1. Boil kettle ready for potatoes. Find a medium pan with a lid.
2. Peel and cut potatoes into medium pieces. Add to pan, cover with boiling water, boil 20 mins until soft (lid on pan).
3. Cook fish by steaming on a metal plate over the potatoes until flesh separates and flakes. (Or poach fish in a frying pan, in the milk)
4. Meanwhile, make the sauce – melt butter in a small pan, add the chopped onion and cook gently until soft.
5. Add the flour and stir with wooden spoon. Stir in the milk gradually, bring to boil, stirring all the time, until sauce boils and thickens. Remove from heat IMMEDIATELY.
6. Flake the fish and add to the sauce.
7. Add other cooked vegetables.
8. Season with chopped fresh parsley, salt and pepper. Put into ovenproof dish.
9. Drain potatoes and mash until smooth. Cream with milk and butter. Leave to cool.
10. Spread or pipe potato over sauce base. Grill or bake to brown.

Name