

Special Fish Pie

Ingredients:

450g haddock fillet (or mixed fish)
300ml milk, plus 90 ml
bay leaf
6 peppercorns
1 onion, skinned and sliced
salt and pepper
65g of butter
45ml flour
2 eggs, hard-boiled and roughly chopped
150ml fresh single cream
30ml chopped fresh parsley
125g cooked prawns
900g potatoes, peeled
1 egg beaten to glaze

Method:

1. Rinse and drain fish. Place in a pan and pour over 300ml of milk, add the bay leaf, peppercorns, onion and a pinch of salt. Bring to the boil and simmer for 10 minutes.
2. Lift from the pan using a slotted spoon and remove any skin and bones. Strain the cooking liquid and reserve.
3. Melt 40g of the butter in a pan, stir in the flour and cook gently for 1 minute, stirring. Remove the pan from the heat and gradually stir in the reserved cooking liquid. Bring to boil and continue to cook, stirring until the sauce thickens then cook for a further 2-3 minutes. Season. Add the eggs to the sauce with the fresh cream, fish, parsley and prawns. Check the seasoning and spoon the mixture into a 1.1 litre pie dish.
4. Meanwhile, boil the potatoes, drain and mash. Heat the remaining 90ml of milk and remaining 25g of butter and beat into the potatoes and season. Spoon the potato over the fish and roughen the surface with a fork.
5. Bake in the oven at 200c/mark 6 for 10-15 minutes, until the potato is set. Brush the beaten egg over the pie. Return to oven for a further 15 minutes, until golden brown. *Serves 4.*

This recipe has been Tried & Tested by Ann McPhie, it is a family favourite found in The Dairy Book of Family Cookery. This recipe makes four large portions, so Ann usually makes it in two dishes and freezes one for another time. She likes to use a mix of fish and prefers to arrange it in the dish and then pours the sauce over so the fish doesn't break up too much. Good served with broccoli, French beans and sweetcorn.



Ready for the oven

