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by Liz Robb

Creamy fish pie



Ingredients

200g smoked haddock fillet
200g salmon fillet
200g meaty white fish eg. cod, haddock or halibut
50g butter
50g plain flour
250 ml milk
400 ml fish stock, made from a stock cube
75 ml double cream
Juice of half a lemon
Worcester sauce
1 tablespoon of mustard
Salt and pepper
3 tablespoons of chopped parsley
900g peeled potatoes
50g butter
50 ml milk
25g grated hard cheese
A few cherry tomatoes

Preparation

1. 1. Remove the skin and any bones from the fish and cut into cubes or chunks.
2. 2. Place the butter in a saucepan and melt slowly, then gradually add and mix in the flour. Add the milk a little at a time and then the fish stock, stirring well all the time to avoid any lumps. Allow the sauce to simmer very gently, stirring occasionally, for 10-15 minutes.
3. 3. Stir in the cream over a low heat. Mix in the lemon juice and mustard, together with a splash of Worcester sauce, to make a smooth sauce. Add salt and pepper to taste.
4. 4. Turn off the heat, put the fish cubes into the sauce and mix in gently. Sprinkle in the chopped parsley and stir. Pour the mixture into a large baking dish and set aside for a few minutes to cool.
5. 5. Meanwhile, place the potatoes, cut into chunks, into a large pan of boiling water and cook through. Drain thoroughly. Chop the butter into pieces and add to the potatoes, then mash together with the milk until the potato is smooth and creamy.
6. 6. Spread the soft mashed potato on top of the fish a little at a time until it is completely covered. Bake at 190 degrees for about 40 minutes, taking out 10 minutes before the end of the time to add the topping. Sprinkle the grated cheese evenly on the top – you can use cheddar, or parmesan – and dot with the halved cherry tomatoes before returning to the oven for the last 10 minutes, taking it out when the fish

is cooked through and the top is golden brown.

7 Serve with fresh seasonal vegetables.

Cooks Note

This version uses a mixture of fish which includes smoked haddock to give it that lovely smoky flavour, but you can use any fish that you prefer. It contains butter, milk, cream and cheese to make it rich and creamy; not a low fat dish, but we all need a bit of luxury sometimes!