

Fish Pie

Ingredients:

Topping:

500g potatoes
40g butter
1 tbsp. milk
20g grated cheese

Fish:

300g haddock or other white fish
70g peas and/or sweetcorn

Béchamel Sauce:

30g butter or margarine
30g plain flour
400ml milk



Method:

Potato Topping:

Peel and chop the potatoes into small chunks.

Place the potatoes into a pan and cover them in cold water. Bring to the boil and simmer for 10 – 15 minutes until the potatoes are tender.

Carefully drain the potatoes in a colander and mash together with the butter and milk.

Fish:

While the potatoes are boiling, prepare the fish.

Wash the fish in cold water and wrap in foil.

Bake in the oven at 170°C for 15 – 20 minutes.

Carefully remove the fish once cooked and place it on a plate. Break the fish into pieces with a knife and fork and remove any skin or bones.

Sauce:

Place the flour and 400ml milk in a saucepan, stirring the flour until there are no lumps.

Add the 30g butter or margarine.

Heat on a medium heat, stirring constantly until the sauce thickens.

Remove from the heat.

Assembly:

Mix the peas and sweetcorn into the sauce.

Place the fish at the bottom of an ovenproof dish.

Pour the sauce over the top of the fish and mix together gently.

Spread the mashed potato evenly over the sauce mixture. You could use a piping bag for the mashed potato for a different finish.

Sprinkle with grated cheese and bake in the oven at 180°C for approximately 20 minutes until golden brown.