



Fish Pie



Fish Pie – 4/6 Portions

30 minutes prep time

Up to 1 hours cooking time

Ingredients 97071 – Eismann Cod Fillets – 450g
 97068 – Eismann Smoked Haddock Fillets – 250g
 6351 – Eismann North Atlantic Prawns – 100g
 5501 – Eismann Onion Cubes – 50g
 5485 – Eismann Baby Carrots – 100g
 8700 – Eismann Mashed Potato – 1kg
 Plain Flour – 75g
 Milk – 800ml
 Butter – 75g
 Fresh Parsley – 1 Bunch
 1 Bay Leaf
 Salt and Black Pepper

Preparation

Ensure all the fish is defrosted fully in a refrigerator overnight.

Steam the carrots, chopped onion and prawns until cooked. Place the Prawns to one side for later. Add the carrots and the onions to a medium saucepan and pour in 750ml of milk. Season this with the Bay Leaf and a couple of stalks of parsley. Add the fillets of fish to the Saucepan.

Place the pan on a low heat and warm the milk gently until it simmers. Once it is simmering turn off the heat and cover the pan so the fish cooks in the warm milk.

Cook the Mash in the microwave with the additional milk for 21 minutes, checking every 7 minutes to stir.

While the mash is cooking sieve the fish & milk mixture and add 3-4 tablespoons of the fishy milk to the mash the first time it is stirred.

Heat the oven to 200c / 400f / gas 6.

Put the butter in a saucepan on a medium heat and melt, add the flour and stir for two minutes. Whisk in 1/3 of the fishy milk to make a thick paste. Add another 1/3 and continue whisking then add the final third to make a creamy béchamel sauce. Season with salt and pepper. Turn the heat low and let it simmer for 5 minutes.

Remove the bay leaf and the parsley stalks from the fish and add the fish to the sauce. Stir in the prawns. Chop the remaining parsley and add to the sauce. Pour the mixture into a pie dish and top evenly with the mash.

Cook in the oven for 25 minutes ensuring the mash is golden brown and the béchamel sauce bubbles.

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