

Salmon Fish Pie



Serves 3

Prep 30mins

Cook 30 - 35 mins Easy

Ingredients:

250g skinned salmon fillet
250g skinned cod or haddock fillets
50g butter
2 shallots finely chopped
20g plain flour
150ml hot milk (1/4 pint)

1 small bayleaf
7g fresh parsley finely chopped
100g large peeled prawns
350g boiling potatoes
75ml cold milk
50g smoked salmon, chopped

1. Place the fresh fish in a wide pan, poach in the milk and add water to come just below the top of the fish. Simmer gently for 7 -10 mins until the fish is just cooked. Remove the fish to a plate and flake into bite size pieces and reserve the cooking liquid.
2. Melt 25g butter in a pan and cook the shallots gently for 5 mins without browning. Stir in the flour, cook for 1 minute, then gradually stir in the poaching liquid, whisking to make a smooth sauce. Add some more milk or water if needed. Add the bay leaf and simmer gently for 15-20 mins, stirring frequently. Add a little more liquid if the sauce seems thick.
3. Season, then stir in the parsley. Arrange the cooked fish and prawns in a baking dish. Pour over the sauce.
4. Cook the potatoes in boiling water until tender, drain then mash well. Heat the milk, the remaining butter and the spring onions together in a small pan until boiling then beat into the potatoes with the smoked salmon. Season well with black pepper. Spoon the potato mixture over the fish. Cook at 190C/Fan 170C/Gas 5 for 30-35 mins until the top is golden brown and the sauce is bubbling. Serve the pie with a green vegetable such as broccoli.