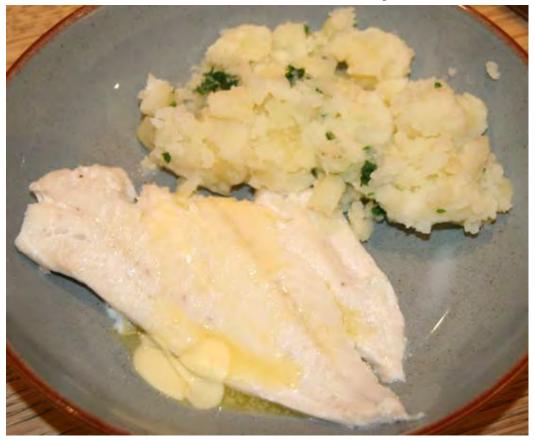
Smoked Haddock, Parsley Mash



Serves 2 Prep 10 mins

Ingredients

500g smoked haddock fillets 500ml milk 500ml water 8 black peppercorns 6 parsley stalks 1/2 small onion, peeled 4 cloves

Cooking 35 mins

For the potatoes

500g, potatoes white fleshed parsley, small handful, chopped 100ml milk from the haddock a little butter, to serve

Easy

- 1. Preheat oven to 180C fan/gas mark 6. Remove the bones from the haddock fillets. Lay the fillets in a roasting tin. Mix together the milk and water and season with the peppercorns (no salt), the parsley stalks, the halved, peeled onion and the cloves.
- 2. Pour over the fish then bake for 30 mins till the fillets are firm. Test by teasing a large flake of fish from one of the fillets. It should be pearlescent within and easily separated. Remove from the oven and set aside.
- 3. Scrub the potatoes, then cut them in halves or quarters and cook them in a pan of boiling water for 15-20 mins till just tender. Drain the potatoes then crush with a potato masher, breaking the skins as you go. Add the parsley and the 100ml of the warm milk from the haddock, letting the milk soak into the crushed potato.
- 4. Serve the fish, about 250g per person, in shallow bowls, spooning a little of the cooking liquor over as you go, then adding a knob of butter. Divide the potatoes between the bowls and serve.