

Smoked Haddock, Parsley Mash



Serves 2

Prep 10 mins

Cooking 35 mins

Easy

Ingredients

500g smoked haddock fillets
500ml milk
500ml water
8 black peppercorns
6 parsley stalks
½ small onion, peeled
4 cloves

For the potatoes

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

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.