

Fish Pie

Ingredients

- 250g Haddock
- 250g Smoked Haddock
- 100g diced frozen onion
- 50g Peas
- 1 powdered Parsley Sauce
- ½ Pint Semi-Skimmed Milk
- 1 litre Boiling Water
- Knob of butter
- 1Kg of potato

Options

- You can vary the fish option by using salmon or cod, rather than the smoked haddock.
- You can swap peas for sweetcorn, or do a half-and-half.

Equipment

- Sharp knife
- Measuring Jug
- Large Saucepan
- Spatula
- Whisk

Preparation

- Get ingredients and equipment to hand
- Slice the fish into bite-size pieces – about 1cm
- Dice the onion, but it is much easier to use frozen diced onion
- Peel and slice the potato and get it on to boil

Method

Add a knob of butter to the large saucepan and add the diced fish and onion over a low to medium heat.

Use the spatula to keep it moving until the fish is cooked throughout and the onion is soft. Don't worry, it will not dry out when we do the rest of the cooking!



Meanwhile, pop the sliced potato in another pot and cover with water and add a little salt.

Boil the potato until soft. Check out the technique for making mashed potato.

Set the potato aside.

Empty the sauce packet into a measuring jug and add the milk. Give it a good mix with a whisk or fork, until the powder is incorporated.

Add the sauce to the fish & onion, bring to the boil then simmer for 5 minutes.

Add the peas and return to the boil and simmer for 2 minutes.

Remove from the heat and allow to cool for 5 minutes.

Portions

Number of portions	4
Final Portion Size	200g Fish Mix 150g Potato
Storage Container	Small Foil Tray

Storage

This can be served fresh but also ideal for freezing in small foil containers for individual portions.

Add 200g of fish to the bottom of a small foil tray. This is about 1 ladle.

Gently press the mix to the corners and the bottom of the tray and top with the mashed potato. See Technique below for more information.

Allow to cool before freezing

Heating & Serving

Not Suitable for microwave or stove-top heating.

Defrost overnight in the fridge.



30 Mins

Adjust times if heating from frozen.

Remove the lid and place on a baking tray and pop in the oven at 180°.

Be sure the meal is piping hot throughout before serving.

To serve on a pre-heated plate, fold back the sides of the foil tray and transfer the meal to the plate with a fish slice.

Can be eaten directly from the foil tray.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Making Mashed Potato

Topping With Mashed Potato

Add two ice-cream scoops of mashed potato to the top and use two forks to spread it over the fish. Keep the potato below the lower rim of the foil tray so we can fit the lid.

