

FISH PIE

Preparation & cooking time: 65 mins

Serves 2

Ingredients

25g butter, plus extra for greasing
1 small onion, roughly chopped
15g plain flour
180ml milk
salt and freshly ground black pepper
1 tbsp lemon juice
120g cod or haddock, cut into 1cm/½in pieces
120g smoked undyed haddock, cut into 1cm/½in pieces
Handful of prawns
1 egg

For the topping

500g potatoes, peeled and cut into even-sized pieces
about 2 tbsp hot milk
about 20g butter
Extra mature cheddar cheese, grated

Method

65 minutes before serving:

Peel the potatoes and cut into even-sized pieces. Set the potatoes to boil in a pan of cold salted water until tender - about 20 minutes. Chop the onion finely. Cut all of the fish into 1cm/½in pieces. Melt the butter in a pan on a high heat and fry onion for few minutes. Grate the cheddar cheese.

Lower the heat on the onions, cover and leave to soften for 15 minutes.

Meanwhile, boil a kettle of water, put the water in a pan, bring back to the boil and place the egg in the water. Boil for 9 minutes and then drain off hot water and fill pan with cold water. Remove the lid from the onions and increase the heat to remove any moisture. Sprinkle in the flour and then add the milk gradually, stirring well and allowing the sauce to thicken until all the milk has been added.

Preheat the fan oven to 180°C. Grease the inside of a 2-litre casserole dish with butter.

Drain the potatoes and tip them back into the pan. Remove the shell from the boiled egg and cut the egg into thin slices.

35 minutes before serving

Season the onions and freshly ground black pepper, add lemon juice and the cod/haddock and fresh prawns and cook for a couple of minutes, stirring continuously until the fish has just cooked. Stir in the smoked haddock. Pour the mixture into the buttered casserole dish. Lay the boiled egg slices across the fish mixture.

Add milk and butter to the potatoes and mash until lump-free. Add salt and freshly ground black pepper to taste. Spread the mash thinly over the top of the fish mixture in the casserole and score with a fork. Sprinkle the grated cheddar cheese evenly over the topping.

Bake in the preheated oven for about 30 minutes, or until the potato is crisp and golden-brown.