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www.cullensbutchers.com

FISH PIE

Any combination of fish works well for this – just make sure it's skinned & boned.

We usually have a SEAFOOD MIX in our FISH COUNTER

of Cod, Salmon and Smoked Coley or Smoked Haddock

Ingredients:

1 and half LB Seafood Mix – such as COD, SALMON, SMOKED COLEY, SMOKED HADDOCK

1 Onion chopped

1 Bay Leaf

100g Butter

625 ml Milk

Salt and Pepper

Chopped Parsley

50g Plain Flour

2 tbsp Flat Leaf Parsley chopped

1 tbsp Lemon Juice

TOPPING:

2 LB of Mashed Potatoes

Grated Cheddar - enough to sprinkle on top.

Preparation:

Preheat the oven to 200 deg.

Place the milk, onion & bay leaf in a large saucepan and bring to a boil.

Season with salt & pepper. Reduce to simmer, add the fish and cook gently for 3 - 4 minutes.

Remove the fish from the pan, and place in a baking dish. (Or flake into bite-sized pieces if simmering in a piece).

Melt the butter in a saucepan, and then stir in the flour. Cook for 2-3 minutes, stirring all the time until golden brown. Gradually stir in the fish cooking liquid until the mixture boils. Reduce the heat and allow to simmer gently for 3-4 minutes until thickened.

Now add the sauce to the fish along with the parsley and lemon juice. Adjust seasoning if necessary. Remove the bay leaf.

Spread the mashed potatoes on top, finely sprinkle the cheese all over and bake in the oven for 15-20 minutes until heated through and browned.