



Traditional Fisherman's Pie

Serves: 4

TASTE OF CATER CARE FACT

Studies recommend we should eat more fish and seafood and our traditional fisherman's pie recipe is a great way to top up on both.

This is a traditional British dish that is classically made with white fish fillets, white sauce, cheddar cheese and mashed potato. Interestingly, chopped up hard boiled eggs used to be added to the dish which would have made it incredibly rich. Our recipe doesn't have hard boiled eggs, but incorporates prawns, scallops, nutmeg and dill to make it a little more of a special occasion dish packed with flavour and perfect for a hearty winter lunch or dinner.

INGREDIENTS

- 800ml Full Cream Milk
- 2 Bay Leaves - lightly bruise.
- 12 Green King Prawns - peel, remove tail and de-vein.
- 8 Scallops (Roe On)
- 680gm White Fish Fillets (Skin Removed) - cut into a 2cm dice.
- 160gm Unsalted Butter
- 100gm Brown Onion - peel and finely dice.
- 140gm Plain Flour
- 200ml White Wine
- 400ml Fish Stock
- To Taste - Ground Nutmeg
- To Taste - Sea Salt and Ground Black Pepper
- 20 leaves Parsley - rinse, drain and finely chop.
- 4 sprigs Dill - rinse, drain and finely chop.
- 1Kg Washed Potatoes - peel, cut into 3cm dice.
- 80ml Full Cream Milk
- 80gm Unsalted Butter
- To Taste - Sea Salt and Ground Black Pepper
- 40ml Full Cream Milk

METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. Place a saucepan over a moderate heat and add the first quantity of milk and bay leaves, and bring up to a gentle simmer.
3. Add the prawns and cook for 2 minutes or until the prawns are just cooked through. Remove the prawns and set to one side.
4. Add the scallops and cook for 1 minute. Remove the scallops and set to one side.
5. Add the fish and cook for 2 minutes or until the fish is just cooked through. Remove the fish and set to one side. Remove the saucepan from the heat, keeping the milk for use later.
6. Place a saucepan over a low heat and melt the first quantity of butter. Add the onion and saute until the onion has softened and is tender. Add the flour, mix to thoroughly combine and continue to stir for a further 2 minutes to 'cook out the flour'.



7. Gradually add the white wine, fish stock and reserved milk. Stir after each addition, ensuring there are no lumps. Increase the heat to moderate and bring the sauce to the boil, stirring regularly, continue to boil for 2 minutes or until the sauce has thickened. Season to taste with nutmeg, salt and pepper. Remove from the heat. Add the parsley and dill and mix to thoroughly combine.
8. Evenly distribute the prawns, scallops and fish among 4 suitably-sized pie dishes or ramekins (approximately 500ml in size).
9. Evenly distribute the sauce among the four pie dishes. Set to one side.
10. Place the potatoes into a saucepan, cover with water, place over a moderate heat and bring to the boil, reduce the heat and allow to gently simmer for 25 minutes or until the potatoes are beginning to fall apart. Remove the saucepan from the heat, drain well and allow to stand for 10 minutes to allow any excess moisture to evaporate.
11. Place the potatoes into a mixing bowl with the second quantity of milk and second quantity of butter. Mash until the potato is smooth, then season to taste.
12. Evenly top each pie with the mashed potato.
13. Evenly brush the top of each pie with the third quantity of milk.
14. Place the pies into the oven and bake for 35 minutes or until the potato topping is a light golden brown in colour, then remove from the oven.

TO SERVE

Carefully place the pie dishes onto serving plates.