



# Family fish pie

By Michael Meredith

15 minutes

Preparation time

50 minutes

Cooking time

6 servings

Serves

## **INGREDIENTS**

## White sauce

1 brown onion, finely chopped
80 g butter
50 g plain flour
700 ml milk
1 bay leaf
100 ml double cream
80 g parmesan cheese, grated
300 g spinach
juice of 2 lemons

# Potato topping

500 g potatoes, peeled and diced 80 g butter 100 ml milk 2 egg yolks Salt flakes, to taste

# Herb topping

2 lemons, zested
60 g white breadcrumbs
1 small garlic clove
½ cup parsley leaves,
chopped
1 tbsp (20 ml) olive oil
50 g cheddar, grated
50 g parmesan, grated
Salt and pepper, to taste

# Fish pie

15 mussels
200g salmon fillet
150g blue cod
150g monk fish
100g prawns
20g chervil, chopped
20g chives, chopped
Salt flakes, to taste

#### **METHOD**

#### White sauce

- 1. In a medium sized pot on medium heat, induction setting 6, melt 50g butter and add the onion. Slowly cook the onion for about 5 minutes, making sure not to colour the onions.
- 2. Add the flour, and stir for 2-3 minutes, or until the flour has reached a blonde colour.
- 3. Increase the heat to high, induction setting 8, and whisk through the milk into the flour mix. Continue to mix until the sauce reaches boiling point.
- 4. Reduce the heat to low, induction setting 4 and add the cream, cheese and lemon juice.
- 5. In a large pan, heat the remaining butter on high heat, Induction setting 8 and wilt the spinach quickly and remove from the pan. Reserve the sauce and spinach to the side until needed.

## Potato topping

- 1. Place the potatoes into a perforated steam container and steam at 100°C for 25 minutes.
- 2. Whilst the potatoes are cooking, gently melt the butter with milk in a small saucepan on low heat, induction setting 3.
- 3. Transfer the potatoes to a bowl or container and mash, stir through the butter, milk and seasoning. Stir through the egg yolks.
- 4. Transfer the mash into a piping bag, fitted with a star nozzle.

## Herb topping

- 1. Place bread, garlic, oil, lemon zest, parsley and salt into a food processor.
- 2. Process to a course crumb, remove into a bowl add black pepper to taste then fold in the grated cheese.

## Fish pie

- 1. Place the mussels into a perforated steam container and steam at 100°C for 1 minute. Once cooked, remove the meat from the shells, and slice in half.
- 2. Pre-heat the oven on Fan Plus at 180°C.
- 3. Slice all the fish and prawns into a rough 2cm dice. Place the white sauce back onto the induction cooktop on setting 4 to gently simmer.
- 4. Add the fish and prawns to the sauce and stir through for 1 minute, and then stir through the mussels. Turn off the heat, and pour this mix into an oven safe pie or baking dish.
- 5. Place the wilted spinach on top, then pipe over the mash potato so you get an even layer, and finally sprinkle over the herb topping.
- 6. Place into the oven on shelf level 2 and bake for 15-20 minutes, or until nice and golden.
- 7. Allow to cool for 5 minutes before serving.