

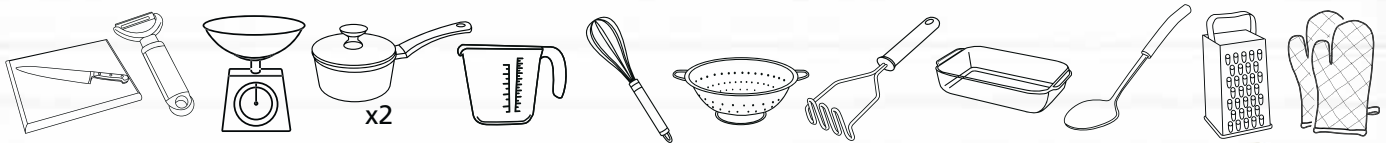
Marine Pie



Ingredients

- | | |
|--|--|
| 600g of root vegetables – such as carrot, parsnip and potato | twist of black pepper |
| 250ml semi-skimmed milk | 250g white fish pieces, such as haddock or pollock |
| 25g butter/margarine | 2 tomatoes |
| 25g plain flour | 20g Cheddar cheese |
| 1 x 5ml spoon wholegrain mustard | |

Equipment



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Peel the vegetables and cut into small chunks. Boil them for 15 minutes until soft.
3. Make a white sauce:
 - place the milk, butter/margarine and flour in a small saucepan;
 - bring to the boil, whisking constantly. Then reduce to a simmer and allow to cook for 2 minutes. Next, stir in the mustard and black pepper.
4. Carefully drain the vegetables into a colander over the sink.
5. Mash the vegetables until there are no lumps.
6. Lay the fish in the bottom of a baking dish.
7. Cut the tomatoes into quarters and arrange over the fish.
8. Pour over the sauce.
9. Spoon the mashed vegetables over the fish and sauce. Spread the mash out so it covers the fish evenly.
10. Grate the cheese and sprinkle over the vegetable topping.
11. Bake for 40 minutes, until golden brown.

Top Tips

Mix up the type of fish you use – try oily fish like mackerel, salmon, trout or herring instead of white fish.

Use different seasonal vegetables, such as swede or turnip to replace the carrot or parsnip.

Place 2 sliced hard boiled eggs or 100g frozen peas or sweetcorn with the fish, or stir a handful of chopped fresh parsley into the sauce.

Make two pies at once and put one in the freezer – you've got a delicious ready meal to defrost and bake on a cold winter's evening.

Skills

Peeling ✓

Boiling and simmering ✓

Making a white sauce ✓

Mashing vegetables ✓

Using a knife ✓

