



Homemade Fish Pie

By Emma Theobald (Abbeyfield Marketing Team)

Abbeyfield
Making time for older people



 6 servings

 Prep: 40 minutes
Cook: 30 minutes

INGREDIENTS

For the filling

500g salmon fillet
500g white smoked fish fillets e.g. smokes haddock
180g pack of uncooked peeled prawns (optional)
1 cup of frozen peas
1 bay leaf
1 pint of full fat milk
4 tbsp cornflour, mixed with a little water to the consistency of milk
300g parmesan cheese
Bunch of flat leaf parsley, chopped
Half a pack of fresh dill, chopped
Salt & pepper to taste

For the cheesy topping

1 ½kg potatoes (ideally Maris Piper), cut into even-sized pieces
50g butter
100g mature cheddar, coarsely grated
Salt & pepper to taste

METHOD

1. Place the milk in a large saucepan with the fish fillets and the bay leaf and heat on a low heat until the fish is just poached.
2. Using a colander, strain the milk from the fish into a smaller saucepan. Leave the fish to one side to cool.
3. Heat the milk until hot and whisk in the cornflour mixture to create a thick sauce. It's important to add enough cornflour to create a super thick sauce as the liquid from the fish will slacken the sauce during baking.
4. Add the parmesan, chopped herbs and season according to taste.
5. Discard the bay leaf, and any fish skin, and flake the flesh into the sauce (removing any bones) and stir in the peas and prawns (if using).
6. Divide the mixture between 6 mini oven proof dishes, or once large oven proof dish if you prefer (make sure there's enough room for the mash topping!)
7. Boil the potatoes in a large pan with salted water until soft. Mash the potatoes and add the butter plus a drop of cream if you have it. Season and add half the cheese.
8. Spoon the potato topping over the fish mixture, pat down with a fork and cover with the remaining cheese. These can be placed in the fridge until you are ready to bake them for up to 24hrs.
9. Place the pie(s) on a baking sheet and bake in a pre-heated oven at 200C or 180C fan for 30 minutes until golden brown.

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