

Delicious Dinners

Phunky Fish Pie



Ingredients:

- 400g skinless white fish fillet
- 400g skinless smoked haddock fillet
- 600ml skinless smoked haddock fillet
- 1 small onion, quartered
- 4 cloves
- 2 bay leaves
- 4 eggs
- Small bunch of parsley
- 100g butter
- 50g plain flour
- 1kg floury potatoes, peeled and cut into even-sized chunks
- 50g cheddar, grated



Method:

1. Heat the oven to 180°c
2. Poach the fish. Put the fish in the frying pan and pour over 500ml of the milk.
3. Stud each onion quarter with a clove, and then add to the milk with the bay leaves.
4. Bring the milk just to the boil until you will see a few small bubbles. Reduce the heat and simmer for 8 minutes.
5. Lift the fish out onto a plate and strain the milk into a jug to cool.
6. Flake the fish into large pieces in the baking dish.
7. **To make the hard boiled eggs:** bring a small pan of water to a gentle boil, and then carefully lower the eggs in with a slotted spoon. Bring the water back to the boil and cook for 8 minutes.
8. Drain and cool in a bowl of cold water, peel and slice into quarters and arrange on top of the fish then scatter over the chopped parsley.
9. **Make the sauce:** melt half the butter in a pan, stir in the flour and cook for 1 minute over a moderate heat.
10. Take off the heat, pour in a little of the cold poaching milk, then stir until blended.
11. Continue to add the milk gradually, mixing well until you have a smooth sauce.
12. Return to the heat and bring to the boil and cook for 5 minutes stirring continually until it coats the back of a spoon.
13. Remove from the heat, season with pepper and nutmeg then pour over the fish
14. Boil the potatoes for 20 minutes. Drain, season and mash with the remaining butter and milk.
15. Use to top the pie, starting at the edge of the dish and working your way in push the mash right to the edges to seal.
16. Fluff the top with a fork, sprinkle with cheese, then bake for 30 minutes

Serve with seasonal vegetables!

