

Date of practical.....

Ingredients

Fish Pie



Top

600g potatoes

50g margarine/butter

1/4 pint/125ml milk

Sauce

200-300g raw fish

1 tbsp oil

3/4 pint/375ml stock (2 stock cubes and milk)

50g flour

Vegetables—a selection of your choice (think about colour and textures)

E.g. 1 onion, 75g mushrooms, 1 red pepper, 200g sweetcorn.

Large ovenproof casserole dish needed to carry home in.

Cook your fish pie thoroughly in the oven when you get home. Make sure it is piping hot throughout before serving by cooking in the oven at 190°C for at least 25 minutes

Optional extras

1 clove garlic

Handful fresh herbs

75g grated cheese

Optional garnishes

Sprig of parsley

1 lemon/lime

50g grated cheese

50g fresh breadcrumbs

Method:

1. Peel potatoes and cut into small pieces.
2. Place in boiling salted water and boil for about 20 minutes or until soft.
3. Dice the vegetables you have chosen to use in the sauce.
4. Place fish on a microwavable plate/dish, add 2 tbsp milk and cook for 2-3 minutes until cooked. Leave to stand.
5. Make up the 3/4 pint stock. It can be a mixture of the stock cubes dissolved in boiling water and milk.
6. Check the potatoes. If soft, strain off water and mash them in the saucepan until smooth. Add the 50g butter/marg and a few tbsp milk if necessary. Ensure it is not too runny.
7. Place the 1 tbsp oil into the washed saucepan. Fry veg until softened.
8. Add 50g flour, mix well and add the stock along with any optional extras if desired.
9. Bring to the boil stirring all the time until it thickens. Simmer gently for 20 minutes. Adjust the consistency if necessary—add more water if too thick and blended cold water and flour if too runny.
10. Prepare the garnish and wash up.
11. Carefully cut the cooked fish into chunks—remove any bones or skin and gently stir into the sauce before putting it all into the casserole dish.
12. Spoon the mashed potato carefully over the sauce and spread evenly. Garnish attractively.