

Fish Pie

Country of origin: England¹. White fish in sauce with a potato topping.

Ingredients

500 g boned haddock
30 ml butter
30 ml flour
200 ml semi-skimmed milk
5ml salt
1 medium green capsicum
1 medium onion
600 g local organic potatoes

Mix 100 ml milk into the flour, and add to the onions.

Add the cooked peas and heat through.

Cooking

Place the fish in a greased casserole dish and pour the sauce mixture over.

Make a layer of mashed potatoes to completely cover the fish and decorate with a fork.

Bake in the oven at Gas Mark 4 for 20 to 30 minutes until the top is crisp and the pie has heated through.

Method

Preparation

Fish

Steam or cook the fish in boiling water until the fish is white through and can be "flaked" easily.

Separate the fish from the skin (discard skin) (and last check for bones). Keep warm.

Potatoes

Peel and cube the potatoes and cook² in the usual way.

Once cooked, drain and mash. Add 15 ml butter, salt and pepper, and 100 ml milk and mash to a smooth paste.

Sauce

Fry the onion and pepper in 15 ml butter and a little salt until the onion is translucent.

To serve

Serve hot with a side dish of broccoli, or spinach, and a few boiled carrots.

Goes well with **FAIRTRADE** White wine.

Variation

A layer of grated cheese on the potato gives a crispy finish.

Green beans can go in place of the peas.

Frozen peas can be used, just heat through by covering with boiling water a few minutes before needed.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/boiled_potatoes.htm