

Luxury Fish Pie

Super quick Chinese...



Fish pie with mussels and prawns.

Stunning rich taste perfect on its own or served with steaming hot vegetables and crusty bread.

Ingredients...

2 shallots
1 leek sliced white only
2 garlic cloves, crushed
Half a glass of white wine
150ml double cream
200g smoked haddock cut into chunks
200g salmon cut into chunks
150g fresh mussels or prawns
500 mashed potato
100g mature cheddar, coarsely grated
1 butterball (large teaspoon of butter mixed with 2 of cornflour)

You can also add a splash of Pernod to the cooking process and a tablespoon of parsley depending on your own tastes.

Approach...

This is a dish that can be prepared in advance so it makes life really simple. You can also freeze it prior to baking, which makes a really easy wholesome supper for people of the go or smashing tea for hungry children just home from school.

First of all chop and start boiling the potatoes. Do not over boil they should be easy to crumble with your fingers. Strain and then mash or use a ricer. Now fold in the grated cheese, a teaspoonful of butter and season well. Keep warm. Then in a heavy frying pan, gently sweat the chopped shallots and thinly sliced 'white' of the leeks until soft, then add the garlic and cook for a couple of minutes more. Now add the wine, and reduce by $\frac{2}{3}$.

Once the wine has reduced take the pan off the heat for a short while to cool (it stops the cream from curdling) then a little at a time stir in the cream and bring gently to a simmer. Add the butter ball and watch the sauce slightly thicken at this point, add the fish and cook for a couple of minutes more to get the flavors flowing. Now move to a pie dish, top with the mashed potato and bake for 20-30 minutes until golden and crisp.

Servers 4. Why not do individual pies rather than one big one.

John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

John Munro Limited. West End, Dingwall Ross-shire IV15 9QF
Telephone: 01349 882788 Email: scotchbeef@munrodingwall.co.uk

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"We're probably in, just about one of the best places in the whole of the UK for game. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too..."

Charlie Munro, John Munro Limited.

