



# FISH PIE

serves 6

You can use whatever fish you like, making this as luxurious as you want it to be. If you like your fish pie to be creamy, feel free to add a few tablespoons of crème fraîche to the fish.

**PS:** Some of the supermarkets now offer lovely packs of different fish and shellfish for using in fish pies. Keep a look-out, and if you buy one you want it to be about 700–750g in weight for this recipe.

- sea salt and freshly ground black pepper
- 1kg potatoes
- 1 carrot
- 2 sticks of celery
- 150g Cheddar cheese
- 1 lemon
- ½ a fresh red chilli
- 4 sprigs of fresh flat-leaf parsley
- 300g salmon fillets, skin off and bones removed
- 300g un-dyed smoked haddock fillets, skin off and bones removed
- 125g raw king prawns, peeled
- olive oil
- optional: a good handful of spinach, chopped
- optional: a couple of ripe tomatoes, quartered

## To prepare your fish pie

Preheat the oven to 200°C/400°F/gas 6 and bring a large pan of salted water to the boil • Peel the potatoes and cut into 2cm chunks • Once the water is boiling, add your potatoes and cook for around 12 minutes, or until soft (you can stick your knife into them to check) • Meanwhile, get yourself a deep baking tray or earthenware dish and stand a box grater in it • Peel the carrot • Grate the celery, carrot and Cheddar on the coarse side of the grater • Use the fine side of the grater to grate the zest from the lemon • Finely grate or chop your chilli • Finely chop the parsley leaves and stalks and add these to the tray

## To cook and serve your fish pie

Cut the salmon and smoked haddock into bite-size chunks and add to the tray with the prawns • Squeeze over the juice from the zested lemon (no pips please!), drizzle with olive oil and add a good pinch of salt and pepper • If you want to add any spinach or tomatoes, do it now • Mix everything together really well • By now your potatoes should be cooked, so drain them in a colander and return them to the pan • Drizzle with a couple of good lugs of olive oil and add a pinch of salt and pepper • Mash until nice and smooth, then spread evenly over the top of the fish and grated veg • Place in the preheated oven for around 40 minutes, or until cooked through, crispy and golden on top • Serve piping hot with tomato ketchup, baked beans, steamed veg or a lovely green salad (see *Simple green salad with French dressing*)

