

# *Veasey & Sons - Fishermans Pie*

*There's no need to pre cook the fish just make a good sauce and stir it in, this way you won't lose any of the flavours.*

## Ingredients

### For the Mashed Potato Top

- 1kg/2lb 4oz Potatoes, peeled
- 50g/2oz Butter
- 100g/3½ oz Crème Fraîche
- 3 tbsp Milk
- Pinch Salt and White pepper

### For the Filling

- 50g/2oz frozen Peas
- 1 tbsp finely chopped Parsley
- 1 Lemon, zest only
- 1 tbsp chopped Chives
- 1 Bag (500g) of Veasey & Sons Mixed Fish
- 100g/3½oz Raw King Prawns (Peeled and De-Veined)
- 1 Large White Onion
- 1 Leek, washed and chopped
- 2 Boiled Eggs (Quartered) Eggs are optional.

### For the Sauce

- 500ml/1 pint Milk
- 55g/2oz Butter
- 1 tbsp Olive Oil
- 4 tbsp Plain Flour
- Salt and White Pepper
- 1 Bay Leaf
- 3 Cloves
- 1 small tsp Dijon Mustard

# Try Something New - Fishermans Pie

## Method

- Cut the potatoes into 5cm/2in chunks and boil until soft (This will take around 12 minutes). Drain and mash with the butter, crème fraîche and warm milk. Season with salt and white pepper. Set aside and keep warm.
- The sauce is a basic flavoured béchamel to do this you heat the milk in a large pan, Cut the onion in half, make an incision in one of the halves and insert the bay leaf. Push the cloves into the same onion half and place this into the pan with the milk. Bring the milk up to the boil. Reduce the heat and simmer gently for 5 minutes.
- Chop the remaining half onion and the leeks. Heat the butter with the olive oil in a small frying pan and gently fry the onion and the leek for 4-5 minutes to soften.
- Remove the milk from the stove and set aside to cool slightly after straining the onion, bay leaf and cloves from it.
- Add the flour to the leeks and stir well to combine. Heat for one minute, stirring frequently. Gradually pour in the milk and stir it in well each time. Add all the milk and heat gently until the sauce has thickened. The sauce should be good and thick, as any liquid from the fish (when added) will thin the sauce.
- Add the Mustard and taste the sauce for seasoning, add more salt or pepper if necessary. But remember you can add but never take away.
- Fold the Fish Pie Mix along with the Raw Prawns and Frozen Peas and simmer gently on a low heat for 2 minutes, Preheat the oven to 190C/375F/Gas 5.
- Remove from the heat and fold in the chopped Parsley and Chives, Lemon zest and the Egg (Be careful not to break up the fish)
- Place the mixture into an ovenproof pie dish and onto a baking tray (this will catch any of the mix that bubbles over during cooking).
- Spoon the fish mixture into the bottom of the ovenproof dish, carefully top with the mashed potato. Use a fork to spread the mash over the pie and create a rough texture on top. (Or perfect lines....if you must)
- Place in the oven for 25-30 minutes, or until golden-brown and bubbling. Serve

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