

Fish & Potato Pie

Ingredients

450g (1lb) mixed fish:
cod, haddock, salmon

170g (6oz) cooked seafood mix:
mussels, squid, prawns

2 tbsp chopped fresh herbs
(eg parsley, dill, lemon thyme)

110g (4oz) peas, fresh or frozen

1 onion sliced finely

425ml (15fl oz) thick white sauce

450g (1lb) mashed potato

30g (1oz) butter

Salt and pepper



Method

Ireland is fortunate to be surrounded by some of the richest fishing grounds in Europe. Traditionally fish was always eaten on Fridays when meat absence was observed. For this pie use whatever fish is in season and which is easily available to you, avoiding oily fish such as mackerel or herring. We've used a mix of white fish and salmon here not just for taste but also for colour.

Make the white sauce thicker than usual as the fish will release some liquid when cooking.

Preheat the oven to 190°C / 375°F / Gas 5.

Remove any skin from the fish, remove all bones and cut the fish into chunks. Place the fish in the bottom of a deep pie dish.

Sauté the onion until soft but not brown. If using fresh peas, shell them and cook in boiling water for 5 mins. Drain and add to the pie dish (frozen peas can be added directly from freezer). Add the seafood mix, fresh herbs and the white sauce, seasoning well. A teaspoon of a mild mustard can be added at this stage if liked.

Spread the potato mash on top of the fish mix. Use a fork to roughen the surface as this helps with the browning of the crust. Dot over with the butter.

Bake in the oven for 30-40 minutes until golden brown and piping hot.

Serves 4

Serve with a variety of colourful vegetables such as carrots, broccoli or green beans.