



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club 21st Dec 2020

Fish pie

This recipe serves 2 but you can very easily double or even triple the recipe. The pie in my picture was made for six (four for supper and happy leftovers for two the next day!).



Ingredients

250g white fish or a mix of white and smoked fish
3 medium potatoes
25g butter
1 bay leaf
1 teaspoon peppercorns (optional)
300ml milk
25g plain flour
1 leek, trimmed and washed
100g mushrooms, cleaned and sliced
100g frozen peas or sweetcorn (optional)
Salt and pepper
Grated cheese (optional)

You will need – two saucepans, an oven dish, a potato peeler, a large knife, a colander, a wooden spoon and a potato masher. Serves 2

Method

1. Peel the potatoes, cover with water, bring to the boil and simmer until easily pierced with a knife (approx. 15-20 minutes).
2. Meanwhile add fish to a pot and cover with milk. Add peppercorns and bay leaf. Slowly bring to a simmer and gently poach until the fish is tender. If using frozen fish use the same method, it will just take a little longer to cook.
3. When the fish is cooked, strain in the colander, reserving the milk. Remove the bay leaf and peppercorns.
4. Slice the mushrooms and leek.
5. In a clean saucepan melt the butter, gently cook the mushrooms and leeks for about five minutes.
6. Add a tablespoon of flour to the buttery vegetables and cook this paste for a minute or two.
7. Gradually add the reserved milk and continue stirring until the sauce has thickened.
8. Add the fish to the sauce, removing any bones and skin. If using frozen peas or sweetcorn, add these now. Season to taste.
9. Preheat the oven to 180 degrees
10. Mash the potatoes with a splash of milk, a little butter and some salt and pepper.
11. Put the fish and sauce mixture into an ovenproof dish and top with the mash. Add grated cheese if you like.
12. Bake in a pre-heated oven for around 30 minutes until the sauce is bubbling and the top is golden.