

TRURO SCHOOL COOKERY

CORNISH FISH PIE

Makes 12

For the potato topping;

500 g large floury potatoes e.g. Maris Piper / King Edwards

50 g butter

50 g single /double cream or milk

Salt and pepper

For the fish filling;

300 g fresh white fish fillets (hake, cod, haddock)

100 g peeled prawns

300 mls milk

½ onion

1 bay leaf

25 g butter

25 g flour

Juice half lemon

Small bunch parsley

Salt and pepper



Method

Preheat the oven to 180c.

Peel the potatoes and cut into chunks.

Place in a large saucepan and cover with cold water.

Add a little salt then bring the potatoes to a boil and simmer until soft right through to the centre when tested with a sharp knife

Place the fish (NOT the prawns) into a shallow pan and cover with the milk.

Peel the ½ onion, cut into chunks and add to the pan with the bay leaf and some salt and pepper.

Bring the milk to a very gentle simmer and poach for 5 minutes with no lid on the pan.

Remove from the heat, place a lid on the pan and leave to finish cooking in its own steam for 10 minutes.

Meanwhile wash the parsley, remove the tough stalks and chop VERY finely.

When the potatoes are cooked drain using a colander then return to the hot pan for a few minutes to steam dry.

Add the 50 g butter and cream or milk to the potatoes and mash very thoroughly until there are no lumps. Taste and add some more seasoning if required. Set aside to cool.

Carefully lift the fish out of the poaching milk using a slatted spoon and place into a shallow baking dish. Flake the fish into large pieces using a fork then scatter over the prawns.

Carefully strain the milk into a jug using a sieve and discard the onion and bay leaf.

Melt the 25g butter and stir in the flour. Cook over a gentle heat for 2 - 3 minutes to form a roux.

Remove the roux from the heat and gradually add the poaching milk.

Return to the heat and cook, stirring continuously, until thickened.

Juice the ½ lemon and stir in with the chopped parsley. Taste the sauce and adjust the seasoning if needed.

Carefully pour over the fish.

Place the cooled mashed potato into a piping bag and pipe onto the top of the fish pie in an attractive pattern.

Bake for approximately 30 minutes until the top is golden and the sauce is bubbling around the edges.

Serve with vegetables such as peas and carrots or broccoli.