



# FISH PIE

---

*'Community Through Cooking'*



# FISH PIE

---

## INGREDIENTS:

### Potato Crust

- 3 lb golden potatoes, quartered
- 12 tbsp butter, salted
- ½ cup parmesan cheese
- ¼ cup heavy cream
- 2 tsp salt
- 2 egg yolks
- ¼ tsp nutmeg
- ¼ tsp pepper

### Filling

- 8 oz cod, cubed
- 8 oz salmon, cubed
- 4 carrots, peeled & sliced
- 1 tbsp leeks, chopped
- 1 red chili pepper, diced
- 2 bay leaves
- 1 tsp dill weed
- 1 tsp tarragon
- 1 tsp parsley
- 4 tbsp olive oil
- 6 oz smoked haddock, cubed
- ½ lemon, squeezed
- ½ cup peas
- ½ cup corn
- ½ cup baby spinach

### Sauce

- 1 cup heavy cream
- 2 tbsp butter
- ¼ cup chicken broth
- ¼ tsp cayenne pepper
- ½ tsp salt
- 3 tbsp flour

## RECIPE:

I had never tried fish pie until making this one after it was recommended by a colleague of mine from the UK. The fluffy potato crust and smoky flavor of the haddock really stood out in this dish. Having eaten it three days in a row now for lunch, you can say I'm a fan of the fish pie.

Start with the crust. Boil your potatoes in a pot until tender (~15 minutes). Drain the water. Add the butter, parmesan cheese, heavy cream and salt. Use an electric mixer to mix the ingredients together. Add the egg yolks one at a time and continue mixing. Sprinkle in the nutmeg and pepper.

In a frying pan combine the cod, salmon, carrots, leeks, red chili pepper, bay leaves, dill weed, tarragon and parsley. Sauté in 2 tablespoons of olive oil for 5 minutes. You don't want to cook the fish completely through since you're going to bake it later. Add in the pieces of smoked haddock, remove the bay leaves, squeeze on the lemon juice and set aside.

In a saucepan, heat up the peas and corn. In a small frying pan, sauté the baby spinach in the remaining olive oil for 4 minutes. Add the peas, corn and spinach to the fish filling.

For the sauce, combine the heavy cream, butter, chicken broth, cayenne pepper and salt in a frying pan on medium heat. Slowly add the flour half a tablespoon at a time and stir continuously ensuring it mixes evenly.

Combine the sauce and the filling. Pour it into an olive oil-coated, pie-shaped Pyrex. Lay a ½ inch layer of the potato crust on top, with a few holes poked into it so it can breathe while in the oven. Bake for 40 minutes at 375 °F. When done baking, let the pie cool for 15 minutes. Sprinkle with nutmeg and serve.

-Alex

