

Creamy Parsley Fish Pie

Serves 6 – 8

Ingredients

1 – 1,2 kg hake or firm white fish *
750 ml milk
4 bay leaves
8 peppercorns
1 carrot – cut into large chunks
80 g butter
100 ml flour
1 small bunch parsley
Salt & pepper
750 ml milk
12 potatoes
15 ml butter + extra to dot on top
15 ml milk

What to do

1. Poach the fish

- either on the hob or in a moderate oven:
 - a. Season with salt and pepper.
 - b. Place the fish skin side up in either in a large skillet or in a large baking pan.
 - c. Strategically distribute the carrots, bay leaves, pepper corns and garlic over the fish.
 - d. Pour in the milk and ensure that it mostly covers the fish. Use more if it does not.
 - e. Cover and poach for about 20 minutes or until the fish is cooked and flakes easily.
 - f. Remove from the heat and separate the fish and set it aside to cool.
 - g. Reserve the milk for the bechamel sauce. Discard the bay leaves, carrots, garlic and peppercorns.

2. Potato topping

- a. Peel (if you wish), the potatoes, dice and cook until they can be pierced with a knife or skewer.
- b. Drain and return to the pot.
- c. Add 15ml milk and butter and cream/mash using a hand blender.

3. Bechamel sauce

- a. Using a medium sized saucepan, melt the butter over a medium heat.
- b. Add the flour, salt and pepper to make a roux.
- c. Remove from the heat and gradually add the milk *



- d. Make sure you have no lumps and cook until the sauce thickens and boils.
- e. Finely chop the parsley (reserving sprigs for garnish) – stems and all. Stir through the sauce.

4. Make the pie

- a. Flake the fish and then add to the sauce and make sure that the flakes are well coated.
- b. Layer fish across the bottom of an oven proof dish (or dishes if making individual portions).
- c. Top with the mash, spreading evenly across the top and ensuring that the fish is sealed in.
- d. Dot across the top of the pie.
- e. Bake in a moderate oven until the top is golden brown and the pie is bubbling.

Notes:

- A little decadence: add seafood like shrimp to the dish. Because they don't need much cooking, add them after the poaching.

A little white wine substituted for the milk makes it more adult and more comforting.

- Warm the milk if it's cooled too much – it blends more easily with the roux than when it's cold
- Serve with vegetables or a salad of your choice.
- Freezes well if portioned into individual meals.

