

Perfect fit : Love Entertaining

with MasterChef The Professionals Winner
& Scotland's National Chef Gary MacLean



Simple Fish Pie

For the Mashed Potatoes

Ingredients:

1kg Maris Piper potatoes peeled and halve
25g Butter
Splash of milk
1 Egg yolk

Method:

Preheat the oven to 200°C

1. The first job is to get the potatoes in a pan of water and bring to the boil. Boil for 15 minutes until tender.
2. Drain in a colander and allow to "steam out" this gets a good bit of the water out of the potatoes all the steam that you see is moisture that you don't need, return the potatoes to a dry pan and put back onto a medium heat. This stage achieves two things it gets the potatoes back to being nice and hot, having the potatoes piping hot is vital when mashing them it also helps get rid of more moisture.
3. After a couple of minutes you are ready to mash with the butter, splash of milk, salt and pepper you could also add an egg yolk as it will help colour the potato.



For the Filling

Ingredients:

- 50g Butter
- 50g Plain flour
- 500ml Milk
- 1 Bay leaf, optional
- 2 Cloves, optional
- 1 small Onion
- 150g Cheddar, grated
- 50g Parmesan, grated
- Salt/pepper
- 4 Spring onions, Finely sliced
- 1x pack Fish pie mix (*cod, salmon, smoked haddock etc, weight around 320g-400g depending on pack size*)
- 1tsp Dijon or English mustard
- 25g pack Chives, finely chopped
- 100g Frozen sweetcorn
- 100g Frozen peas

Method:

1. The first job is to peel your onion, then using the cloves pierce the bay leaf onto the onion. Place the studded onion into a small pot and cover with the milk.
2. Slowly bring the milk up to a simmer, as soon as the milk is simmering turn off the heat and allow the studded onion to flavour the milk.
3. Melt butter in another small pan then add flour and mix to form a thick past called a roux.
4. Cook out for 3-4 minutes then slowly start to add the warm flavoured milk. Stir continuously while milk is added until you achieve a smooth sauce with the consistency of thick double cream. If you add the milk a little at a time you will avoid making a lumpy sauce.
5. Cook this out for 10 minutes over a very low heat to avoid burning the sauce, stirring every minute or so.
6. Take off the heat and stir in the cheese, fish, mustard, chives, sweetcorn and peas. Spoon into an ovenproof dish
7. Spoon or pipe the potato on top and sprinkle with cheddar cheese
8. Place into the oven for 20 - 25 mins or until golden and bubbling at the edges.