

The Beach House Fish Pie

Serves 4 | Allow 1 hour 15 mins | Easy just follow the instructions :)



Ingredients

- 4 large potatoes peeled and cut into cubes
- 3 large eggs
- 2 large handfuls of spinach leaves
- 1 lemon for juicing
- 1 white onion, peeled and finely diced
- Olive oil
- 250 ml of double cream
- 300 g of mature Cheddar cheese
- 1 heaped teaspoon of English mustard
- 1 big bunch of flat leaf parsley, stalks removed and finely chopped
- 300 g of haddock or cod fillet, bones and skin removed, cut into 3cm cubes
- 200 g of salmon fillet, bones and skin removed, cut into 3cm cubes
- 8 king prawns, peeled and deveined

Method for the Mashed Potato, Eggs and Spinach

1. Once you have prepared all the ingredients as above, preheat your oven to 200°C
2. Put the potatoes into a pan of salted cold water, bring to the boil and leave to simmer for around fifteen minutes
3. Put another pan of water on the stove and bring to the boil
4. Add the eggs and simmer for 8 to 10 minutes until hard boiled
5. While the eggs are cooking steam the spinach over the same pan of water. This will only take 1 minute, once done squeeze out all liquid from the spinach using a sieve and wooden spoon
6. When the eggs are cooked transfer them to a bowl of iced or cold water
7. Check if the potatoes are cooked by pushing the point of a sharp knife through one of the pieces, when cooked it will go easily through
8. Drain the potatoes then put them back in the pan and mash with salt, black pepper and a little olive oil (we do not use butter at this stage as the pie filling is rich and creamy enough)

Method for the Filling

1. In a non stick pan gently fry the onion for about 5 minutes until soft, then add the double cream removing the pan from the heat as soon as the cream comes to the boil
2. Add two generous handfuls of grated cheddar cheese, squeeze in the lemon juice, stir in the mustard, add the parsley and combine all ingredients well
3. Place the fish, prawns and spinach in a bowl add the sauce and gently turn together making sure everything is evenly coated
4. Pour the mix into an oven proof dish ensuring there is enough space left to add the mash potato topping

Assembling, Baking and Serving

1. Push the pieces of hard boiled egg into the mix so that they are evenly distributed throughout
2. Smother the mashed potato on the top or pipe it on if you want a more decorative finish
3. Sprinkle the mashed potato with a generous hand full of cheddar cheese
4. Place in your preheated oven for 25-30 minutes or until the potatoes are golden
5. At the restaurant we serve our fish pie with a sauté of braised spring cabbage, honey glazed onion and garden peas