

StoneCutters Kitchen

Creamy Ocean Pie



This is a very tasty, hearty meal which could stand on its own, but also goes well with either a salad or vegetables served on the side. It can be made before hand and heated in the oven when required.

1 lb Smoked Haddock cut into large chunks
1 finely chopped Spanish onion
1/2 a finely chopped red or yellow pepper
1 Litre approx full fat milk
1 cup frozen peas
2 hard boiled eggs
1 Tbsp mayonnaise
Salt and Pepper
700grams mashed potato approx
Grated red cheddar cheese

Roux:

50grams butter
50grams plain flour approx

Melt the butter and add in the plain flour until all the butter is absorbed and the mixture is of a soft doughy consistency. This may take more then 2oz of flour so play around until you feel it is right.

To make the pie, put the finely chopped onion and pepper, together with the Haddock into a saucepan and cover with milk (depending on the pot you use you may not need all the milk). Bring to the boil and the simmer gently for 10/15 minutes.

Remove the fish to a bowl. With the sauce on a low heat start adding the roux bit by bit, whisking it to break up the roux until it melts into the sauce. As it simmers the roux will thicken the sauce. It should be quite thick as it needs to support the mashed potato topping. Keep adding the roux until the desired thickness is achieved.

Add the peas, mayonnaise, salt and pepper to taste. Put the haddock back into the sauce and put the finished mixture into a serving dish. Sprinkle the roughly chopped eggs over the mixture and top off with mash potato as required then sprinkle with the grated cheese.

Heat through in the oven until it is bubbling and the cheese is golden. Enjoy!