

Mac's Ocean Pie (*Makes 8 to 10 individual pies*)

200g. fresh salmon- skinned pin boned and diced
200g. fresh cod – skinned and diced
200g. fresh monkfish – skinned and diced
250g. naturally smoked haddock
250g. mushrooms (wild if feeling rich!)- sliced
200g. young peas- cooked and cooled
2k. Potatoes – boiled, mashed and riced
1 x tablespoon English mustard
0.5 litre fish stock (or chicken stock)(approx)
0.5 litre milk (approx)
4 x banana shallot – diced (or onions)
200g. Cheddar cheese –grated
1 x fresh nutmeg – grated
2 x bay leaves
50g unsalted butter
50g Flora™
100g.flour (whole meal if preferred)
1 x bunch flat leaf parsley – torn
1 x bunch fresh dill – chopped
2 x free range egg yolks- beaten
Rock salt & crushed black pepper

Method

Gently simmer the milk with the chicken/fish stock then add the bay leaves and the diced fish. Simmer until the fish is just cooked (but still in whole pieces), strain and cool, keeping the liquid. In another pan add a splash of olive oil and caramelize the sliced mushrooms with the banana shallots until all have softened a little. Allow to cool. Next melt the butter and Flora™ over heat and slowly add the flour to make a roux. This must be well cooked out. Now, slowly and over heat add the fish cooking liquid, a little at a time continually cooking to make a lovely silky and smooth sauce. Next add the grated cheddar cheese, a tablespoon of English mustard, the peas and continue to beat. Now add the chopped dill and parsley and season to taste with salt and pepper. Finally, and gently mix in the poached fish making sure not to break the pieces up too much. Allow all to cool.

Grate a fresh nutmeg and add to the mashed potato along with any seasoning (salt and white pepper) and place in a piping bag. No butter or milk is needed in the mash potato.

Fill each individual pie dish with the fish mixture and pipe over the mashed potato. Brush the potato with the free-range egg yolk and bake in a hot oven until the potato is crispy and brown.

To serve

This pie goes beautifully with gently poached baby carrots and broccoli.

NB. The addition of any fish works well here, although I would suggest keeping the smoked haddock as it gives a beautiful flavour to the stock. Shellfish is also great including mussels, whelks etc.(as in the real pie and mash) The introduction of Worcester sauce is also nice in the Pie as are baked beans!