

Luxury Fish Pie

455g (1lb) pollock, cod or coley fillets, skinned and cubed

115g (4oz) mussel meats

55g (2oz) scallops

115g (4oz) cooked tiger prawns

55g (2oz) butter

55g (2oz) plain flour

150ml (5 fl oz) dry white wine

425ml (15 fl oz) stock

bay leaf

salt and black pepper

2 x 15ml spoon (2 tablespoons) soured cream

1 x 15ml spoon (1 tablespoon) fresh chopped parsley

1 x 15ml spoon (1 tablespoon) fresh chopped dill rosti

900g (2 lbs) potatoes, par-boiled and grated

2 carrots, peeled and par-boiled

30g (1oz) butter, melted

55g (2oz) strong cheddar cheese, grated

lemon and parsley, to garnish

Serves 4

Preheat the oven to 220°C/425°F, Gas Mark 7

In a small pan heat the butter, add the flour stirring continuously. Meanwhile heat the wine, stock, bay leaf and seasoning. Add slowly to the flour mixture, stirring continuously.

Add the fish, shellfish, soured cream and herbs.

Pour into a 1.2 litre (2 pint) pie dish.

Mix together the potato, carrot, butter and cheese; place on top of the fish sauce.

Bake for 30-35 minutes until golden brown.

Garnish and serve with vegetables and fresh bread.

