

Michael Meredith's family fish pie

By Michael Meredith

15 minutes

Preparation time

50 minutes

Cooking time

6 servings

Serves



INGREDIENTS

White sauce

1 brown onion, finely chopped
80 g butter
50 g plain flour
700 ml milk
1 bay leaf
100 ml double cream
80 g parmesan cheese, grated
300 g spinach
juice of 2 lemons

Potato topping

500 g potatoes, peeled and diced
80 g butter
100 ml milk
2 egg yolks
Salt flakes, to taste

Herb topping

2 lemons, zested
60 g white breadcrumbs
1 small garlic clove
½ cup parsley leaves, chopped
1 tbsp (20 ml) olive oil
50 g cheddar, grated
50 g parmesan, grated
Salt and pepper, to taste

METHOD

White sauce

1. In a medium sized pot on medium heat, induction setting 6, melt 50g butter and add the onion. Slowly cook the onion for about 5 minutes, making sure not to colour the onions.
2. Add the flour, and stir for 2-3 minutes, or until the flour has reached a blonde colour.
3. Increase the heat to high, induction setting 8, and whisk through the milk into the flour mix. Continue to mix until the sauce reaches boiling point.
4. Reduce the heat to low, induction setting 4 and add the cream, cheese and lemon juice.
5. In a large pan, heat the remaining butter on high heat, Induction setting 8 and wilt the spinach quickly and remove from the pan. Reserve the sauce and spinach to the side until needed.

Potato topping

1. Place the potatoes into a perforated steam container and steam at 100°C for 25 minutes.
2. Whilst the potatoes are cooking, gently melt the butter with milk in a small saucepan on low heat, induction setting 3.
3. Transfer the potatoes to a bowl or container and mash, stir through the butter, milk and seasoning. Stir through the egg yolks.
4. Transfer the mash into a piping bag, fitted with a star nozzle.

Herb topping

1. Place bread, garlic, oil, lemon zest, parsley and salt into a food processor.
2. Process to a course crumb, remove into a bowl add black pepper to taste then fold in the grated cheese.

Fish pie

1. Place the mussels into a perforated steam container and steam at 100°C for 1 minute. Once cooked, remove the meat from the shells, and slice in half.
2. Pre-heat the oven on Fan Plus at 180°C.
3. Slice all the fish and prawns into a rough 2cm dice. Place the white sauce back onto the induction cooktop on setting 4 to gently simmer.
4. Add the fish and prawns to the sauce and stir through for 1 minute, and then stir through the mussels. Turn off the heat, and pour this mix into an oven safe pie or baking dish.
5. Place the wilted spinach on top, then pipe over the mash potato so you get an even layer, and finally sprinkle over the herb topping.
6. Place into the oven on shelf level 2 and bake for 15-20 minutes, or until nice and golden.
7. Allow to cool for 5 minutes before serving.