



The Kitchen Café Takeaway

Luxury Fish Pie with Davey Aspin

Prep time: 30 mins
Cooking time: 25 mins
Serves 4-6



Ingredients

Main dish

100g Monkfish
125g Salmon
125g Smoked haddock
125g Coley
75g Prawns
4 – 6 Langoustines
50g Leeks (pre-blanching)
50g Peas (frozen or fresh)
50g Spinach (fresh)
Juice from ½ a lemon (or to taste)

Duchess Potatoes

500g Dried mash
75 ml Double cream
25g Melted butter
4 Free range egg yolks

Cheese sauce

100g Unsalted butter
100g Flour
250ml Milk
100 ml Double cream

Wednesday lunchtime from 1315-1400

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50g grated Cheddar cheese
50g grated Parmesan
1 tsp each of freshly chopped parsley, dill, tarragon, chives

To finish

25g Breadcrumbs
25g Cheddar cheese
25g Parmesan

Method

- Pre-heat your oven to 180C/Gas Mark 4
- To make your cheese sauce. Melt the butter then take off the heat and stir in the flour. Back on the heat slowly add the milk and cream then keep stirring until it thickens. Once the sauce is cooked add the chopped herbs then gradually stir in the cheese.
- Chop the raw fish into even bit-sized pieces (2cm cubes).
- In a large casserole dish put a layer of uncooked spinach on the bottom of the dish.
- Add the fish and shellfish making sure it spread evenly ensuring everyone gets a little bit of everything! Sprinkle the vegetables over the top.
- Season with a little salt & pepper and lemon juice to taste.
- Pour the cheese sauce over the fish and vegetables.
- To make the duchess potatoes simply fold the egg yolks, cream and melted butter through your cold mashed potato.
- Top the casserole with the duchess potato.
- Sprinkle on the breadcrumbs, parmesan and cheddar cheese then bake in the pre- heated oven for 20-25 minutes



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