

Miele

Fish Pie

By Michael Meredith

15 minutes

50 minutes

6

Serves



INGREDIENTS

White Sauce

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

Potato Topping

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

Herb Topping

2 lemons, zested
60g white breadcrumbs
1 small garlic clove
½ cup parsley leaves, chopped
1 tbsp olive oil
50g cheddar cheese, grated
50g parmesan cheese, 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° 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 and milk and season the potatoes. Once seasoned to your liking, stir through the egg yolks.
4. Transfer the mash into a piping bag, fitted with a star nozzle.

Herb Topping

1. In a food processor blitz bread with garlic, oil, lemon zest, parsley and salt to a coarse 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 position 2 and bake for 15-20 minutes, or until nice and golden.
7. Allow to cool for 5 minutes before serving.