

Fish pie

450g Haddock or other white fish

225g smoked haddock or cod

150ml milk

150ml water

1 slice lemon

1 small bay leaf

A few fresh parsley stalks

450g potatoes, cooked and mashed

25g butter

For the sauce

25g butter

25g plain flour

5ml lemon juice

3tbsp chopped parsley

Ground black pepper



Preheat oven to 190°C/375°F/Gas 5. Put fish into pan with the milk, water, lemon, bay leaf and parsley stalks. Heat slowly until bubbles are rising to the surface, then cover and simmer for about 10 minutes until fish is cooked.

Lift out the fish, strain and keep 300ml cooking liquor. Leave fish until cool enough to handle, flake and discard skin and bones. Set aside.

For the sauce, melt butter in pan, add flour and cook for 1-2 minutes over low heat, stirring constantly. Gradually add reserved cooking liquor, stirring well until smooth. Stir in fish, parsley, lemon juice.

Put in buttered 1.75l ovenproof dish, top with potato and dot with butter.

Cook for about 20 minutes until heated through and golden.

