



## Sussex Smokie

Serves 4 as a main course or 6 as a small starter

### Ingredients

400g smoked white fish – haddock, cod or Pollock are all good  
200ml whole milk  
200ml double cream  
1 big leek – diced  
2 tbsp butter  
2 tbsp plain flour  
1 tbsp chopped parsley  
1 tbsp chopped chives  
100g strong Cheddar cheese, grated  
A handful of breadcrumbs  
A handful of grated Parmesan cheese

### Method

Bring the milk and cream to the boil, add the fish and take off the heat immediately. Sweat the leek in a little butter or oil until soft and translucent and place in an ovenproof dish or divide between individual ramekins.

Remove the fish from the milk and cream, flake into chunks and place on top of the leek. The fish should fit quite snugly.

Make a roux by melting the butter and whisking in the flour. Cook for a minute or two on a medium heat then gradually whisk in the warm milk and cream mixture. Add the parsley, chives and grated Cheddar and stir until the cheese has melted. Season the sauce if you think it needs it but the fish and cheese will have made it quite salty already. If it is a little thick, add a little bit more milk.

Pour the sauce over the fish and leeks.

Mix the breadcrumbs and Parmesan and scatter these on top.

Bake for 10-15 minutes until golden and bubbling.