

RECIPE – FISH PIE

Provided

**Mixed fish pie mix with a few tiger prawns
6 large potatoes**

You will need

**Grated mature cheddar cheese (optional)
Single Cream – 200ml**

Dice the fish and bake it for 15 mins in a pre heated oven at 180 degrees C

Whilst fish is cooking peel, cut into pieces and boil potatoes. Once boiled mash them and add some salt, pepper and a dash of single cream to make it extra special.

Take out fish and drain off any excess liquid.

Lay cooked fish in an oven proof dish and pour in rest of cream.

Spread the mashed potato over the fish and cover all the gaps.

Return to oven for a further 10mins and finish off under the grill (after sprinkling with cheese optional) until golden brown

Serve with vegetables and a medium bodies red wine

Fish provided by Ian of IK Fish in Durham Market Hall – Ian is happy to chat with you about different sea food recipes and to advise on quantities and recipes etc

See separate recipe for roasted vegetables which will need to be put into the oven approx. 20 mins before fish goes in:

ROASTED VEGETABLES

Ingredients provided

Parsnips (3-4)
Carrots (3-4)
Potatoes (5-6)
Red Onions (3-4)
Peppers (3-4)

You will need to provide:

Olive Oil
Butter

Preparation

Wash and peel potatoes and cut into small chunks. Put in pan and bring water to boil and boil for 5 minutes ONLY

Drain potatoes and put in a dish with some butter on top

Pre heat oven to 170 degrees C

Potatoes need to go into oven for an hour to roast

Peel parsnips and carrots and cut into big chunks

Cut top and bottom off onions, take off outer skin, cut into quarters.

Peppers – slice round top of pepper, pull out stalk and pips, cut into halves or quarters

Put all these vegetables into a roasting tray and sprinkle over some olive oil.

Put into oven with potatoes about 10 minutes AFTER you've put the potatoes in.

25 mins after putting in vegetables in take all vegetables and potatoes out, give them a good stir and turn over and put back in oven for a further 25 mins.