



Recipe photograph by Clare Winfield

# Lattice-topped fish pie

Recipe by Tom Kerridge  
SERVES: 4-6    PREP TIME: 30 MINS  
TOTAL TIME: 1 HR 30 MINS, PLUS COOLING AND CHILLING

Nutritional information (per serving)

Calories	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
494Kcal	31gr	15gr	21gr	3gr	1gr	28gr	1.1gr

## Tom Kerridge

Chef owner of the Hand & Flowers in Marlow – the only pub to hold two prestigious Michelin stars – Tom’s recipes combine seasonal, modern British flavours with rustic French inspiration. He has also appeared on numerous TV programmes including *Bake Off: Crème de la Crème*, *Food and Drink*, and his own shows *Tom Kerridge’s Proper Pub Food* and *Lose Weight for Good*.

## Ingredients

- 100g soft butter
- 2 leeks, split lengthways, rinsed and thinly sliced
- 400ml fish, chicken or vegetable stock
- 200ml milk
- 40g plain flour, plus extra for dusting
- finely grated zest of 1 lemon
- freshly grated nutmeg, to taste
- 2 tbsp chopped flat-leaf parsley leaves
- 1 tbsp chopped tarragon

## Step by step

GET AHEAD

Make up to the end of step 5 up to 6 hours ahead

- 1

Rub the insides of a 1.5-litre pie dish (with a lip) with a knob of the butter (about 10g); set aside.
- 2

Melt 50g of the remaining butter in a frying pan over a low heat. Add the leeks and a pinch of salt and fry gently, stirring occasionally, for 5-10 minutes until softened but not coloured. Tip the leeks into the bottom of the pie dish.
- 3

Mix the stock and the milk together in a pan and bring to the boil. In a separate pan, melt the remaining 40g butter. Add the flour and cook, stirring, for 2-3 minutes. Slowly add the hot stock and milk, whisking until thick. Add the lemon zest and nutmeg. Season; leave to cool, then stir in the parsley and tarragon.
- 4

Scatter the fish over the leeks in the pie dish; top with the prawns. Pour the cooled sauce over the top. Chill for 1 hour.

240g skinless and  
boneless salmon fillet,  
cut into 4cm chunks

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250g boneless, skinless  
smoked haddock, cut  
into 4cm chunks

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225g raw large prawns,  
defrosted and peeled

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250g all-butter puff  
pastry, defrosted if  
frozen

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1 egg yolk

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- 5** Roll out the puff pastry on a lightly floured surface into a 28 x 20cm rectangle that's 5mm thick. Cut it into strips the same length as the pie dish, each about 1.5cm wide. On a large lightly greased baking sheet, arrange evenly spaced strips of puff pastry in one direction. Next, interweave more strips in the opposite direction, going under and over to create a lattice. Chill for 1 hour until firm.
- 6** When you're ready to bake, preheat the oven to 200°C, fan 180°C, gas 6, and place the pie on a baking sheet. Brush the rim of the pie dish with the beaten egg and, in one swift motion, slide the lattice on to the pie; press to seal. Brush the pastry strips with the remaining beaten egg. Bake for 45-55 minutes until the pastry is golden. Serve with peas or salad.