

SO MUCH TO SEA...

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Fisherman's Pie

Recipe by James Martin

Serves 6

Ingredients:

250g smoked haddock (diced)
250g fresh salmon (diced)
250g fresh cod, coley or haddock (diced)
250g prawns
750g potato (boiled and mashed with a knob of butter and some milk)

Parsley sauce

50g butter
50g plain flour
500ml milk
150g cheddar cheese (grated)
handful of fresh parsley (chopped finely)
salt and pepper

Method:

Parsley sauce

Melt butter in a saucepan, stir in flour, and cook for a few minutes. Slowly add the milk, continuously whisking. When the sauce has thickened, turn off the heat, stir in the cheese and parsley, and season with salt and pepper.

Heat the oven to 200C/400F Gas 6.

There is no need to pre cook the fish. Place in an ovenproof dish, pour over the sauce, then either spoon or pipe the prepared potatoes over the fish. Bake for 35 minutes on the middle shelf of the oven. For a crunchier topping, finish under the grill.

Delicious served with spring greens or roasted winter vegetables.

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust