



Garth McColgan Recipe

A hearty, tasty dish –
for the whole family



Serves

4

Prep Time

20mins

Cook Time

1 hour

Fish Pie

For the Sauce

50g Butter
3 cloves of Garlic, finely chopped
½ Scallion, chopped
1 pack Mushrooms, finely chopped
50g Smoked Cod or Coley, defrosted and minced
1 glass White Wine

½ Lemon, juiced

1 tbsp Flour
200ml Cream
200ml Milk
3 sprigs Thyme
250g Salmon, defrosted and cut into chunks
150g Cod, defrosted and cut into chunks

For the Topping

1 bag Carrot and Swede Mash, defrosted
200g White Cheddar Cheese, grated
5 slices of stale White Bread, processed into breadcrumbs or torn into small pieces

Method – for the Sauce

1. Add the first 4 ingredients to a pot. Season with sea salt and freshly ground black pepper and cover with a lid. Sweat gently for 8 minutes.
2. After sweating add wine, minced smoked fish and lemon juice. Bring to a boil and cook for 5 minutes with the lid off.
3. Add 1 tablespoon flour and stir for 1 minute.
4. Next add the cream, milk and thyme and bring to the boil. Boil for 5 minutes.
5. Add the chunks of fish and simmer for 5 minutes.

For the Topping

1. Mix cheese and breadcrumbs together well.

To assemble

1. Line the bottom of a baking dish with the creamy fish mixture.
2. Top with carrot and swede mash and spread evenly.
3. Sprinkle on the cheese and breadcrumb mix.
4. Bake in a pre-heated oven at 200°C for 15-20 minutes until the cheese is golden in colour.



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