



Recipe
suggestions

Luxury fish pie (serves 6)

Ingredients

- > 450g white fish fillets (cod, pollock etc)
- > 900ml semi-skimmed milk
- > 1 bay leaf
- > 90g plain flour
- > 1 leek, sliced finely
- > ½ tsp cayenne pepper
- > ½ tsp grated nutmeg
- > 1 tsp English mustard
- > 3 hard boiled eggs, quartered
- > 2 tbsp chopped dill
- > 2 tbsp chopped parsley
- > 1kg potatoes
- > 2 tbsp grated Cheddar cheese
- > 25g butter
- > 150ml hot milk

Method

- > Pre-heat the oven to 190°C.
- > In a large pan, pour over the milk and add the bay leaf. Bring to the boil, reduce the heat and poach over a low heat for 4 mins until the fish is cooked. Strain the milk into a jug and set aside. Remove the skin and any bones, and the bay leaf.
- > Heat the butter in a saucepan and cook the leek for 5 mins until soft. Stir in the flour, cayenne pepper, nutmeg and mustard and cook for a further 1 min. Carefully blend in the reserve milk, bring to the boil, stirring continuously, and allow to simmer for 3 mins. Add the hard boiled eggs, herbs and fish and season. Pour into a large oven-proof pie dish.
- > Meanwhile prepare the topping. Cook the potatoes in boiling salted water until tender. Drain and return to the pan to dry for 1 min over a very low heat. Mash thoroughly, blending in the butter and milk. Season to taste and spoon over the fish. Fork up the top of the pie and sprinkle with cheese.
- > Bake in the oven for 20-25 mins or until the topping is golden brown.

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