



SALMON FISH PIE

Fish main-course: this recipe provides a portion of oily fish (required at least once every 3 weeks as part of lunch provision) and a portion of starchy food. It counts towards the food-based standard to provide a portion of oily fish once every three weeks at lunchtime.

Recipe adapted from: Food for Thought, Liverpool.

Ingredients

180 g onion, roughly sliced
 12g (3 cloves) garlic
 400g salmon fillet
 400g Panga (river cobbler) fillet
 750ml semi-skimmed milk
 75g plain flour
 75g unsaturated fat spread
 9g (3 tbsp) chives, finely chopped
 2g (1 tsp) black pepper
 10ml (½ lemon) lemon, juice only
 1.6kg potatoes (use floury potatoes such as Maris Piper or similar)
 500g leeks
 36g (2) egg yolk

Method

1. Preheat the oven to 180°C/400°F/gas mark 6.
2. Put the onions and garlic in a baking dish, add the whole fish fillets and cover with cold milk.
3. Cover the baking dish with foil and poach for 15 minutes until the fish is just cooked and the milk has been infused with flavour.
4. Remove the fish from the milk and retain, discarding the onion and garlic.
5. Make a white sauce by mixing the fat spread and flour together to make a paste in a saucepan, cook for 5 minutes.
6. Add the retained milk from the fish to the roux, cook for a further 5 minutes.
7. Season the white sauce by adding the chives, pepper and lemon juice.
8. Boil the potatoes for 15 minutes and then drain, mash and season with pepper.
9. Add the egg yolks to the potatoes, this helps to give the top a crunch golden texture.
10. Blanch the leeks in boiling water for a couple of minutes.
11. Roughly flake the fish into the bottom of a baking dish, top with the white sauce. Then add a layer of cooked leeks and top with the mashed potato.
12. Bake for 20 minutes until golden on the top.



Number of portions this recipe makes:

12 primary servings (335g)
 8 secondary servings (500g)



Prep: 20 minutes
Cook: 40 minutes



Allergy information:

Eggs, fish, milk, wheat (gluten)



Top Tips

Try using spinach instead of leeks, or add hardboiled egg quarters into the pie.

Serve with seasonal vegetables.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose spreads based on unsaturated fats and choose reduced fat milk (i.e. has a fat content of no more than 1.8g/100g).

