



**TREWITHEN DAIRY**

GLYNN VALLEY · CORNWALL

## FISH PIE

### DESCRIPTION

Generous chunks of fish covered in a velvety, creamy sauce with fluffy mashed potato - our fish pie will put a smile on anyone's face. A spoonful of Cornish clotted cream in the mash lends a delicious rich flavour to this classic dish.

### INGREDIENTS

#### Mashed potatoes

1kg Potatoes, peeled and halved  
150ml Trewithen Dairy Whole Milk  
100g Trewithen Dairy Salted Butter  
50g Trewithen Dairy Cornish Clotted Cream  
50g Parmesan cheese, grated

#### Fish Pie

350g Your choice of seafood mix - white fish, salmon, smoked haddock and prawns  
1 Leek, sliced into rounds  
½ tsp Fennel Seeds  
100g Flour  
100g Trewithen Dairy Salted Butter - plus an extra knob  
400g Trewithen Dairy Whole Milk  
75ml Trewithen Dairy Cornish Clotted Cream  
100g Cheddar - Cornish Gouda works well, grated  
10 grates of Fresh Nutmeg - or ¼ of Ground Nutmeg  
1 tsp White Pepper  
1 tbsp Dijon Mustard  
1 small bunch - Flat Leaf Parsley, finely chopped

### METHOD

Preheat oven to 185c.

In a heavy based pan over a gentle heat, soften the leeks and fennel seeds in a knob of butter. After ten minutes, remove from the heat. In the same pan, turn the heat up until medium, add the butter and flour, stirring until thoroughly combined. Allow to cook out for a few minutes. Very slowly add the milk, while whisking throughout. Once you have a smooth sauce, add the clotted cream, grated cheese, nutmeg, white pepper, mustard. Add salt to taste. Stir the leeks and parsley through the sauce and set aside.

For the mash, boil the potatoes until tender in a large pan of salted water. Drain thoroughly and leave to steam dry. In the saucepan you used to boil the potatoes, warm the butter, milk and clotted cream through, on a low heat.

Pass the potatoes through a ricer into the warm milk. Season generously with plenty of salt and pepper.

Place the seafood mix into an ovenproof dish. Pour the creamy sauce over the seafood, smoothing it evenly over the dish. Top with the creamy mashed potatoes and use a fork to rake lines over the top. Sprinkle the Parmesan cheese over.

Bake in the centre of the oven for 25-30 minutes until golden brown and bubbling. Serve with buttered kale.