

Taste the Hills

Recipes and Tips

Special Fish Pie

Serves 4

450g haddock fillet (not smoked) or a mix of white fish with salmon

60g butter

90g carrots, peeled and cut into thin rounds

Glass of white wine

1 onion, chopped

2 leeks, sliced into thin rounds

Pinch of sugar

120g button mushrooms, thinly sliced

Salt and black pepper

A little lemon juice

A small bunch of parsley, chopped

180g frozen prawns

4 tbsp double cream

Packet of filo pastry plus extra melted butter

Poach the fish in the wine and a little water with some parsley stalks for five minutes.

Melt the butter in a pan and cook the carrots, leeks and onion gently for five minutes. Add a pinch of sugar and the mushrooms and cook for a few more minutes. Season and put into a buttered pie dish. Add the drained and flaked fish with a little of the poaching liquid, lemon juice, parsley and cream. Season again.

Melt the extra butter and brush filo sheets as you layer on the pie, tucking it round the edges until your pie has a good covering.

Bake at about 180 degrees until golden brown and bubbling hot.

Note from me - A few strands of tarragon are really nice too and sorrel if you grow it!

Feeling inspired? Pick up a leaflet or visit our website to find other cookery courses on offer at the Discovery Centre



Pop up kitchen sponsored
by Ludlow Food Festival

Shropshire Hills Discovery Centre –
the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk



Charity no: 1158795