



# Caramelised Apple Fish Pie

## INGREDIENTS

### FILLING:

300g White Fish - 300g Salmon - 300g Prawns or Scallops (or both if feeling indulgent) - Whole Milk - 200g Peas or Petit Pois

### WHITE WINE SAUCE:

2 Shallots - 4 Cloves of Garlic - 200ml White Wine - 150ml Double Cream - Handful of Chives, Parsley and Dill -

1 Fish Stock Cube - 50g Butter - Salt & Pepper

### CHEESY MASHED POTATO:

5 Medium Potatoes - 125g Salted Butter - 50g Parmesan - 50g Tangy Cheddar - 100ml Double Cream - Salt & Pepper - 2 tbsp Chives - 2 tbsp Parsley

### CARAMELISED APPLES:

3 Granny Smith Apples - 35g Golden Caster Sugar - 50g Salted Butter

## INSTRUCTIONS

### 1. POACHING THE FISH

- Prepare the fish by removing bones, skin and cubing into 2cm chunks
- Place fish into pan and pour in milk until just covered
- Cook on a low heat until poached (around 5 mins)
- Remove with a slotted spoon and set aside into the same milk, poach the prawns and/or scallops (approx 5 mins) and set aside
- Reserve the milk to use in your white wine sauce

### 2. WHITE WINE SAUCE

- Dice the shallots and garlic before frying until the shallots are translucent (do not brown)
- Add wine and cook until liquid is halved to cook off the alcohol
- Take off the heat and sprinkle in the fish stock add 50ml of your reserved milk along with the double cream, simmer and stir gently until thickened slightly
- Add in 4-5 chives, diced and a small handful of diced parsley and season to taste

### 3. MASHED POTATO

- Chop and boil 5 medium potatoes until cooked (test with table knife - should pierce with little effort)

- Drain and mash, adding in the butter, the cream, the cheeses and the herbs until a spreadable consistency is achieved, adding a little more cream if needed and set aside

### 4. PEAS

- Boil and cook 200g of peas and set aside once cooked

### 5. CARAMELISED APPLES

- Slice your 3 granny smith apples into segments - In a non-stick frying pan melt the butter and stir in the sugar until dissolved
- Add in the apples and stir until coated, cooking for around 10 mins on a medium heat until golden and caramelised

### 6. ASSEMBLING

- Into a deep oven-proof dish, add the fish and then pour your white wine sauce on top
- Add a layer of peas and coat with the cheesy mashed potato
- On top, layer the apple slices in a spiral-like formation so the top of the potato is more or less covered and add a layer of grated cheese
- Once the pie has cooled, cook in a preheated oven