

Fish Pie: Filleting Fish



You will need an ovenproof dish to cook your fish pie in and some tin foil / lid to cover the dish at the end of the lesson.

Ingredients for Topping:

700g Potatoes
60g Butter or Vegetable Fat
50ml Milk
30g Cheddar Cheese: Grated
1 Tomato: Sliced
Seasoning: Salt and Pepper

Ingredients for Fish Filling:

500g Raw Whole Fish (e.g. White Fish: Haddock, Pollock, Whiting, Hake, Cod). To gain the higher marks you will need to fillet the fish, this means remove the bones and skin.
100g Peas or Sweetcorn
Small Bunch of Dill (Optional)

Ingredients for Béchamel Sauce:

600ml Milk
50g Unsalted Butter or Vegetable Fat Spread
50g Plain Flour

Method:

1. Preheat the oven to 190°C or Gas Mark 5.
2. Weigh and measure out all the ingredients accurately.
3. To make the potato topping:
 - ◆ Peel and chop the potatoes into small chunks.
 - ◆ Place in a saucepan of cold water. Place the saucepan on the back of the hob, bring to the boil and gently boil for 20 minutes until the potatoes are soft. Check this by placing a sharp knife into the potato pieces and they should fall off easily.
 - ◆ Once the potatoes are cooked, drain the water away using a colander. Place the saucepan on a pan stand, transfer the potatoes back into the saucepan and mash with the butter / vegetable fat and 50ml of milk until they are smooth.
 - ◆ Season with salt and pepper.
4. To prepare the fish filling:
 - ◆ While the potatoes are boiling, prepare the fish.
 - ◆ Place the fish on a blue chopping board. Fillet the fish (remove any bones)
 - ◆ Poach the fish, to do this place a saucepan of water at the front of the hob. Bring the water to the boil.
 - ◆ When the water is boiling, carefully add the raw fish and cook for a few minutes until the fish is cooked, it should become flaky in texture.
 - ◆ Carefully remove the fish from the boiling water and place it onto a plate. Break the fish into small pieces with a knife and fork and remove any skin. Carefully check no bones are present.
5. To prepare the béchamel sauce using the roux method:
 - ◆ Place a small saucepan at the front of the hob, DO NOT turn it on.
 - ◆ Place the butter into the saucepan; melt on a low heat stirring with a white plastic spoon. Once melted add the flour and continue heating it for 1 minute, stirring it all the time.
 - ◆ Remove the saucepan from the heat and place it on a pan stand.
 - ◆ Gradually add the milk a small amount at a time (roux method), stirring well each time to avoid any lumps forming, until all the milk has been added.
 - ◆ Put the saucepan back on the heat and stirring all the time, heat the sauce until it boils and thickens (the sauce should coat the back of the white plastic spoon and be smooth and glossy in appearance).
 - ◆ Remove the saucepan from the heat and place it on a pan stand.
6. To assemble and finish the fish pie:
 - ◆ Mix the peas or sweetcorn into the béchamel sauce. If they are fresh (i.e. not canned or frozen, they will need to be boiled in water for about 5 minutes until tender before they are added to the sauce).
 - ◆ Chop the dill leaves with either scissors or a knife.
 - ◆ Place the fish in the bottom of the ovenproof dish.
 - ◆ Scatter the dill leaves over the fish.
 - ◆ Pour the sauce over the fish and mix gently with a fork.
 - ◆ Spread or pipe the mashed potato evenly over the fish sauce. If piping, use a star nozzle to give an attractive finish.
 - ◆ Cut the tomato into thin slices and arrange the slices neatly on top of the potato.
 - ◆ Grate the cheese onto a plate and sprinkle the grated cheese over the top of the pie.
 - ◆ Place the pie in the oven for approximately 20 minutes until the top is golden.

