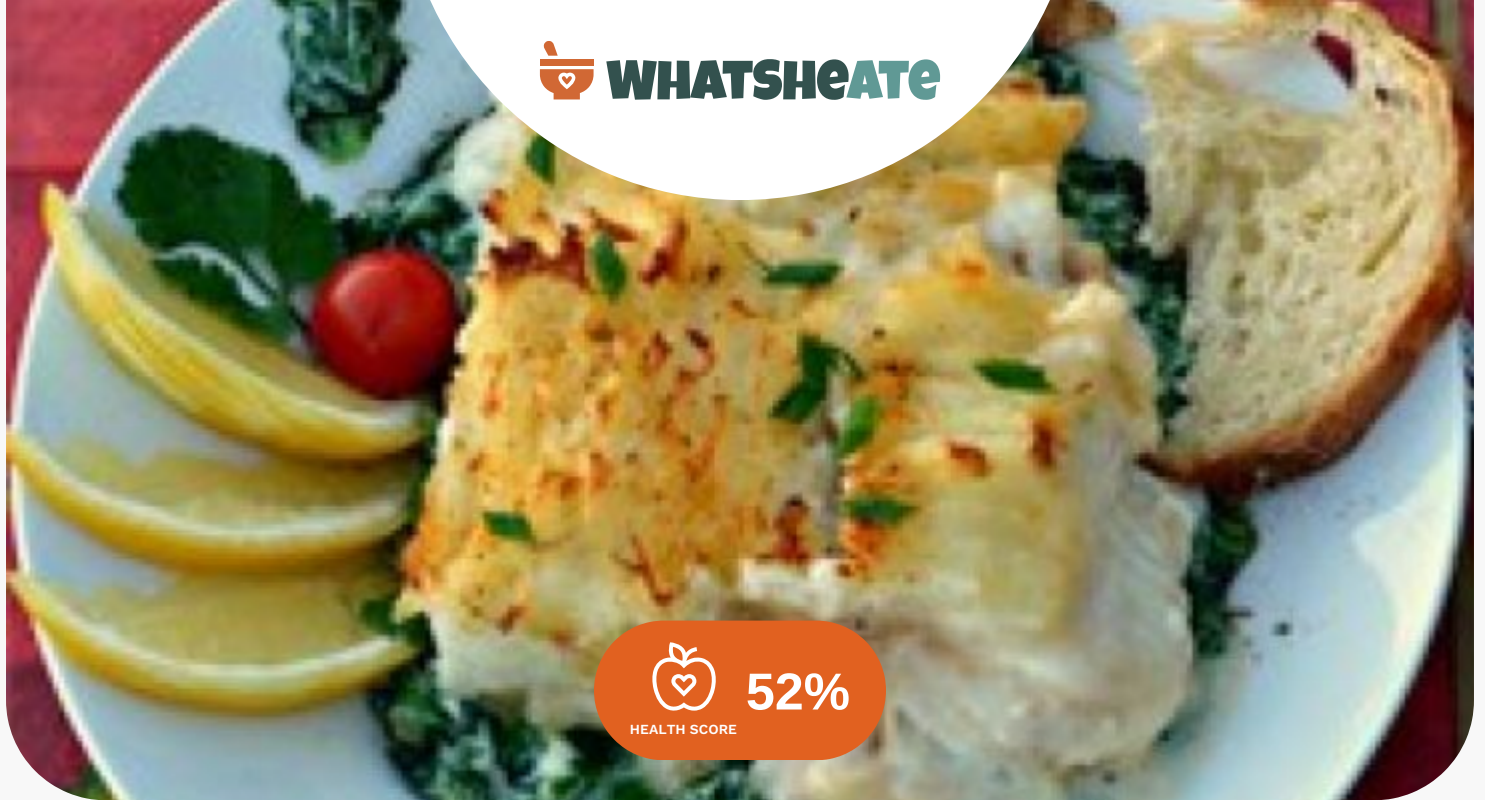




Chef John's Fisherman's Pie

READY IN



95 min.

SERVINGS



6

CALORIES



316 kcal

Ingredients

- ☐ 12 ounces baby spinach leaves
- ☐ 1 tablespoon butter
- ☐ 1 pinch cayenne pepper to taste
- ☐ 2 pounds filets boneless
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped for garnish
- ☐ 2 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 juice of lemon juiced
- ☐ 2 teaspoons lemon zest

- ☐ 2 cups milk cold divided
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 teaspoons olive oil
- ☐ 3 russet potatoes peeled cut into chunks

Equipment

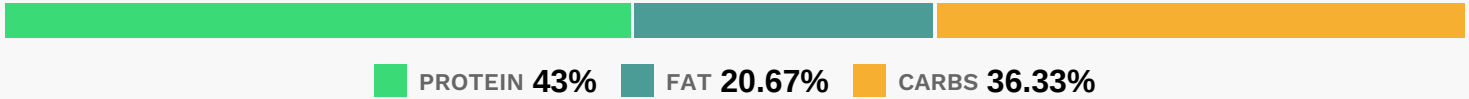
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Bring a large saucepan of salted water and to a boil; add russet potatoes to boiling water and cook until very tender, about 20 minutes.
- ☐ Drain well. Mash in 3 tablespoons butter until thoroughly combined. Season with nutmeg, salt, black pepper, and cayenne pepper to taste. Mash 1/2 cup milk into potato mixture until smooth.
- ☐ Drizzle olive oil in a large Dutch oven over medium-high heat, add spinach, and season with a big pinch of salt. Cook, stirring occasionally, until spinach has wilted, about 1 minute.
- ☐ Transfer to a bowl lined with paper towels to wick away excess moisture.
- ☐ Heat 3 tablespoons butter and flour in a saucepan over medium heat; whisk mixture to a smooth paste. Cook, stirring constantly, until mixture has a nutty smell and is slightly browned, about 2 minutes.
- ☐ Add chopped garlic; whisk until fragrant, 10 to 20 seconds.

- ☐ Whisk 1 cup cold milk into flour mixture; cook until thickened.
- ☐ Whisk in remaining 1 cup milk and lemon zest. Bring white sauce to a gentle simmer, whisking constantly; season with salt. Turn heat to very low and keep sauce warm.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease an 8x12-inch casserole dish with 1 tablespoon butter.
- ☐ Season buttered pan with salt, black pepper, and cayenne pepper.
- ☐ Lay boneless cod fillets into the pan in a single layer. Season tops of fillets with more salt, black pepper, and cayenne pepper.
- ☐ Spread spinach evenly over fish and drizzle with lemon juice. Spoon white sauce over spinach; give casserole dish several taps and shakes to eliminate bubbles.
- ☐ Drop mashed potatoes by heaping spoonfuls over the casserole and spread smoothly to cover.
- ☐ Place dish onto a rimmed baking sheet to catch spills.
- ☐ Bake in the preheated oven until bubbling, about 40 minutes. Turn on oven's broiler and broil until potato crust has a golden brown top, about 2 minutes. Fish should flake easily.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish with a sprinkle of chives.

Nutrition Facts



Properties

Glycemic Index:81.46, Glycemic Load:19.05, Inflammation Score:-10, Nutrition Score:33.261304108993%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 315.81kcal (15.79%), Fat: 7.27g (11.18%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 25.84g (9.4%), Sugar: 4.98g (5.54%), Cholesterol: 79.79mg (26.6%), Sodium: 178.08mg (7.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.05%), Vitamin K: 278.4µg (265.15%), Vitamin A: 5598.27IU (111.97%), Selenium: 54.04µg (77.2%), Phosphorus: 482.71mg (48.27%), Vitamin B6: 0.92mg (45.81%), Potassium: 1522.9mg (43.51%), Manganese: 0.76mg (38.21%), Folate: 143.73µg (35.93%), Magnesium: 129.51mg (32.38%), Vitamin C: 25.96mg (31.47%), Vitamin B12: 1.82µg (30.32%), Vitamin B3: 4.96mg (24.8%), Vitamin B2: 0.38mg (22.07%), Vitamin B1: 0.33mg (21.71%), Calcium: 199.43mg (19.94%), Iron: 3.26mg (18.1%), Vitamin E: 2.43mg (16.21%), Vitamin D: 2.26µg (15.04%), Copper: 0.24mg (11.99%), Fiber: 2.91g (11.64%), Zinc: 1.67mg (11.16%), Vitamin B5: 0.93mg (9.25%)