



Fish pie with potato crust

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



1153 kcal

Ingredients

- ☐ 1 kg potatoes cut into chunks
- ☐ 4 servings nutmeg good
- ☐ 175 ml double cream
- ☐ 75 g butter for the top plus a little extra
- ☐ 2 egg yolk
- ☐ 1 knob butter
- ☐ 2 shallots finely chopped
- ☐ 0.5 tsp fennel seeds crushed
- ☐ 1 star anise

- ☐ 300 ml mirin
- ☐ 300 ml fish stock fresh
- ☐ 300 ml double cream
- ☐ 200 g haddock smoked skinless cut into 3cm pieces
- ☐ 200 g filets skinless cut into 3cm pieces
- ☐ 200 g salmon fillet skinless cut into 3cm pieces
- ☐ 140 g pea-mond dressing frozen
- ☐ 4 eggs chopped
- ☐ 1 small bunch parsley chopped
- ☐ 1 small bunch optional: dill chopped
- ☐ 0.5 juice of lemon

Equipment

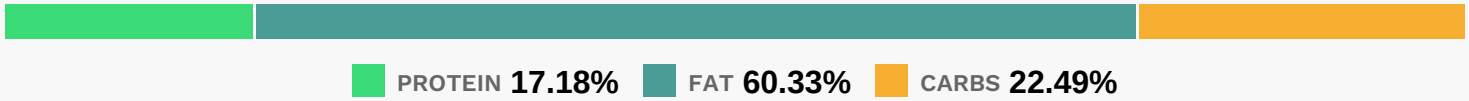
- ☐ frying pan
- ☐ oven

Directions

- ☐ Boil the potatoes for 10–15 mins until tender.
- ☐ Drain and mash with the nutmeg, cream, butter and some seasoning. Leave to cool slightly, then stir in the egg yolks and chill until ready to use.
- ☐ While the potatoes cook, make the sauce.
- ☐ Heat the butter in a large pan.
- ☐ Add the shallots, fennel seeds and star anise, and cook until the shallots are soft, about 5 mins.
- ☐ Add the vermouth, bubble and reduce until there is a syrupy glaze left this will take 10–15 mins.
- ☐ Add the stock and continue bubbling until the liquid has reduced by half.
- ☐ Add cream and return to the boil for 2 mins, then strain and return to the pan.
- ☐ Heat oven to 200C/180C fan/gas

Add the fish pieces to the cream sauce and poach for 2 mins until just cooked. Fold through the peas, hard-boiled egg and herbs, season and add a little lemon juice. Portion the fish sauce into individual dishes or 1 large dish. Top with the mashed potato: either pipe on with a piping bag fitted with a star nozzle or simply spoon on top and rough up with a fork. Dot the top with a little extra butter, then bake for 15 mins for small dishes or 30 mins for a large one, until golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:100.94, Glycemic Load:35.08, Inflammation Score:-10, Nutrition Score:49.955652402795%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 1152.75kcal (57.64%), Fat: 74.7g (114.93%), Saturated Fat: 43.41g (271.31%), Carbohydrates: 62.66g (20.89%), Net Carbohydrates: 53.45g (19.44%), Sugar: 8.66g (9.62%), Cholesterol: 523.47mg (174.49%), Sodium: 681.5mg (29.63%), Alcohol: 7.23g (100%), Alcohol %: 1.12% (100%), Protein: 47.87g (95.74%), Vitamin K: 245.1µg (233.43%), Selenium: 72.5µg (103.57%), Vitamin C: 72.39mg (87.74%), Vitamin B6: 1.67mg (83.26%), Vitamin A: 4028.62IU (80.57%), Phosphorus: 755.38mg (75.54%), Vitamin B12: 3.84µg (63.94%), Potassium: 2141.84mg (61.2%), Vitamin B3: 10.9mg (54.5%), Vitamin B2: 0.88mg (51.49%), Folate: 205.79µg (51.45%), Magnesium: 147.56mg (36.89%), Fiber: 9.21g (36.85%), Manganese: 0.73mg (36.56%), Vitamin B1: 0.52mg (34.65%), Vitamin B5: 3.37mg (33.7%), Iron: 6.06mg (33.66%), Copper: 0.66mg (33.16%), Vitamin D: 3.98µg (26.52%), Calcium: 235.28mg (23.53%), Zinc: 3.31mg (22.09%), Vitamin E: 3.25mg (21.68%)