



Halibut-Yukon Gold Potato Pie

READY IN



45 min.

SERVINGS



6

CALORIES



604 kcal

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 0.5 teaspoon thyme leaves fresh minced
- ☐ 0.8 teaspoon garlic salt
- ☐ 1 cup half-and-half
- ☐ 2 cups halibut flaked cooked
- ☐ 8 tablespoons ice water
- ☐ 1 cup leeks thinly sliced
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 3 ounces mozzarella cheese smoked shredded
- ☐ 2 tablespoons wheat germ toasted
- ☐ 2 teaspoons white wine worcestershire sauce
- ☐ 2 cups yukon gold potatoes shredded

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

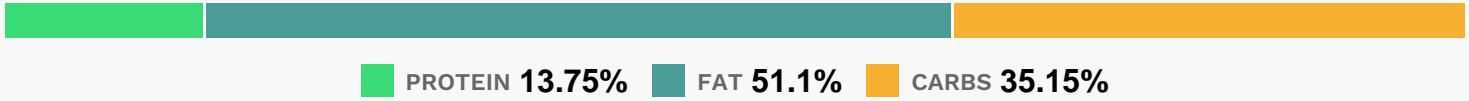
Directions

- ☐ Saut leeks in olive oil over medium-high heat for 8 minutes or until tender.
- ☐ Transfer to a large bowl; stir in halibut and next 9 ingredients. Set aside.
- ☐ Combine 2 cups flour, wheat germ, and salt in a bowl.
- ☐ Cut in shortening with a pastry blender until the size of small peas.
- ☐ Sprinkle cold water, 1 tablespoon at a time, over surface; stir lightly with a fork just until dry ingredients are moistened. Shape pastry into a ball, and divide into 2 portions.
- ☐ Roll 1 portion to 1/8-inch thickness on a lightly floured surface.
- ☐ Place in a 9-inch pie plate.
- ☐ Roll remaining pastry to 1/8-inch thickness. Spoon halibut mixture into prepared crust; place pastry over filling. Trim off excess pastry along edges, fold edges under and crimp.
- ☐ Cut slits in top crust to vent.
- ☐ Bake at 450 for 10 minutes. Reduce temperature to 350, and bake for 40 minutes or until golden.
- ☐ Let stand 10 minutes before serving.
- ☐ Wine note: This is a pie for Chardonnay lovers. I recommend one from the Burgundy region of Chablis. Most of these are oak-free with bright acid and great minerality to cut through the

richness of the sauce and accent the earthiness of the potato. Any Louis Michel Premier Cru such as Grenouilles (\$25-\$4

would be heaven.--Steven Geddes

Nutrition Facts



Properties

Glycemic Index:69.96, Glycemic Load:35.17, Inflammation Score:-7, Nutrition Score:21.888695426609%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 603.76kcal (30.19%), Fat: 34.35g (52.85%), Saturated Fat: 11g (68.78%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 49.63g (18.05%), Sugar: 3.33g (3.7%), Cholesterol: 50.47mg (16.82%), Sodium: 863.55mg (37.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.59%), Selenium: 43.94µg (62.77%), Manganese: 0.78mg (38.82%), Vitamin B3: 7.05mg (35.23%), Vitamin B1: 0.5mg (33.44%), Phosphorus: 324.78mg (32.48%), Vitamin B6: 0.62mg (30.98%), Folate: 117.08µg (29.27%), Vitamin B2: 0.4mg (23.23%), Vitamin C: 18.28mg (22.16%), Vitamin K: 23.27µg (22.16%), Potassium: 731.26mg (20.89%), Iron: 3.46mg (19.24%), Vitamin D: 2.47µg (16.46%), Vitamin B12: 0.96µg (16.07%), Vitamin E: 2.35mg (15.65%), Calcium: 149.77mg (14.98%), Fiber: 3.55g (14.2%), Magnesium: 56.4mg (14.1%), Vitamin A: 542IU (10.84%), Copper: 0.21mg (10.5%), Zinc: 1.55mg (10.35%), Vitamin B5: 0.96mg (9.62%)