



# Fish Pie Ships

serves 8



What fun way to eat fish pie – served in a hollowed out jacket potato with a mask and lettuce sail – delicious and so much FUN!

## Equipment

- Weighing scales
- Kettle
- Vegetable peeler
- Sharp knife
- Chopping board
- Medium to large saucepan with lid x 2
- Measuring jug
- Pan stand
- Grater
- Spoon
- Straining spoon
- Fish slice
- Wooden spoon or small whisk
- Colander
- 15ml spoon
- Fork
- Potato Masher
- 1½ – 2 litre ovenproof dish
- Baking tray
- Wooden stirrer stick
- Foil
- Foil Containers

## Ingredients

### Filling

- 600g of fish fillets – boneless ones will save time (a mix of white and smoked fish will give the best flavour. For example, haddock, pollock, ling, cod and you could include some cooked prawns)
- 1 small OR ½ large onion
- 300ml semi-skimmed milk (which is then used for the white sauce)

### White sauce

- 25g plain flour
- 30g butter
- Black pepper (optional)
- 1 small bunch of parsley

### Mashed potato topping

- 750g potatoes (suitable for mashing)
- 25g butter
- 2 x 15ml spoon semi-skimmed milk
- 50g Cheddar cheese

### Sail and Waves

- Baby gem lettuce leaves
- Cucumber salad

## Nutrients

Fish are full of good oils like omega 3's and are also a good source of protein to help children's growing bodies. The omega 3 oils also build up our brain cells!

Potatoes are carbohydrates which give us lots of energy for our busy days of playing and learning at school.

Lettuce and Cucumbers are part of our 5 a day.

## Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Wash the potatoes. Use a fork and poke a couple of holes into the potatoes.
3. Wrap it in foil and place in the oven to bake for an hour.
4. While the potatoes are cooking, prepare the fish. Cut into smaller pieces so it will fit snugly, in a thin layer, on the bottom of a saucepan.
5. Peel and cut the onion into quarters and tuck in with the fish.
6. Measure the milk into the jug and pour as much as is needed to just cover the fish. Save the rest for later.
7. Place a lid on the saucepan. Turn the hob to a low heat and let the milk heat gently. As soon as it comes to the boil, remove from the hob. Place it on a pan stand and leave the fish to sit in the milk for 8 minutes. It will continue to cook.
8. While the fish is cooking, measure the flour, butter and cheese.
9. Grate the cheese.
10. Wash the parsley, remove the stalks and chop finely.
11. Lift the fish from the saucepan using the straining spoon and place in the ovenproof dish. Remove any skin or bones. Add prawns if you are using them.
12. Discard the onion and return the fish liquid to the jug of remaining milk. You need 300ml so if it is slightly less, add more milk or water.
13. When the potatoes are cooked, cut them in half and scoop out the middle to make a hollow space, leave some potato around the skin. Put the scooped out potato into a bowl.
14. Add the 25g butter and the 2 x 15ml spoons milk to the potato. Mash well until smooth. Put to one side until you are ready to assemble the pie.
15. Make the sauce. Melt the butter in a saucepan over a medium heat. Using a wooden spoon or sauce whisk, stir in the flour. This will make a paste called a 'roux'. Cook this on the hob for 1 minute, stirring all the time.
16. Turn down the heat to low. Add about 2 x 15ml spoons of the milk mixture and stir into the roux until it is smooth. Don't add more liquid until it is smooth and all the milk is absorbed into the paste.
17. Keep adding small amounts of the liquid until you have a smooth, runny liquid.
18. Increase the hob to medium heat. Stir all the time as the liquid gradually thickens.
19. When it comes to the boil, turn down the heat and simmer for 2 minutes. Stir all the time.
20. Remove from the hob. Stir in pepper to taste (if using) and parsley.
21. Pour the sauce over the fish and gently mix to cover the fish with the sauce.
22. Spoon the fish mixture into the hollowed out potato skins. Don't overfill them. Now top the fish mixture with some mash to cover all of the fish mixture.
23. Sprinkle with the grated cheese.
24. Place the fish pie on a baking tray and cook for 15 - 20 minutes until golden brown and piping hot.
25. Take out of the oven.
25. Wash and dry a lettuce leaf and tread onto a wooden stirrer.
26. Place the wooden stirrer into the middle of the potato so that it looks like a sail and mast.
27. Use your cucumber salad to make waves on a plate and place the potato ship on top - enjoy!