

RECIPE 22

Ages 7-9

FANTASTIC FISH PIE

FOCUS ON
food

FANTASTIC FISH PIE

This delicious fish pie uses reduced fat crème fraîche instead of cream to make a healthier sauce for the fish base. Serves 6.

How to make it

1. Place the potatoes in a saucepan and boil for 15 minutes or until soft. Boil the eggs in the small saucepan for 8 minutes. Cool, peel and slice them.
2. Place the fish, carrot, spring onion, parsley and lemon zest in a mixing bowl. Season with pepper.
3. Beat 200ml milk, crème fraîche and mustard in a jug. Stir in $\frac{2}{3}$ of the grated cheese then pour over the fish mixture and gently mix together.
4. Heat the oven to 200°C/Gas 6. Drain the potatoes in a colander, return to the pan and mash. Add 3 tablespoons milk and butter and beat to soften the mashed potato.
5. Place the fish mixture in an ovenproof dish. Add the sliced eggs.
6. Place the mashed potatoes evenly on top of the fish and sprinkle with the remaining cheese. Bake for 25-30 minutes until the potato is golden brown.

Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Per 340g serving

ENERGY	1674kJ / 399kcal	20%
FAT	17.4g	25%
SATURATES	9.9g	50%
SUGARS	6.1g	7%
SALT	0.9g	16%

% of an adult's reference intake
Typical values per 100g : Energy 492kJ / 117kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (340g)
Energy	492kJ / 117kcal	1674kJ / 399kcal
Protein	8.0g	27.1g
Carbohydrate (of which sugars)	9.3g (1.8g)	31.6g (6.1g)
Fat (of which saturates)	5.1g (2.9g)	17.4g (9.9g)
Fibre	1.2g	4.0g
Salt	0.3g	0.9g

Ingredients

- 1kg potatoes, peeled and diced
- 2 eggs
- 450g sustainable fish (eg MSC salmon, undyed smoked haddock, pollack), skinned and cut into strips
- 1 carrot, grated
- 4 spring onions or a bunch of chives, finely chopped
- 1 large handful flat leaf parsley, finely chopped
- Zest of 1 lemon
- Black pepper
- 200ml semi-skimmed milk plus 3 tablespoons
- 200ml reduced fat crème fraîche
- 1 teaspoon English mustard
- 150g Cheddar cheese, grated
- 15g butter or reduced fat spread

Equipment

Large saucepan, small saucepan, chopping board, vegetable peeler, sharp knife, kitchen scissors, mixing bowl, grater, measuring jug, fork, colander, potato masher, wooden spoon, ovenproof dish

Show the children

- How potatoes and eggs are boiled
- Mashing potatoes
- Slicing hard boiled eggs
- Preparing the fish
- Making the sauce
- Grating cheese
- Preparation of carrots and spring onions

Under supervision, children can:

- Mash potatoes
- Shell and slice hard boiled eggs
- Prepare the fish
- Grate carrots and slice spring onions
- Mix the sauce ingredients
- Arrange the fish, sauce and potato in dish

Skills

Bridge and claw knife techniques, shelling a hard boiled egg, beating ingredients together, mashing, using a lemon squeezer, snipping herbs in a jug using scissors, grating, arranging ingredients



SERVE WITH SEASONAL GREEN VEGETABLES SUCH AS BROCCOLI, ASPARAGUS OR GREEN BEANS.