

NUTRITION: Lazza's Kitchen

Fish Pie

**Lazza is still trying out new recipes
Today - he cooks Fish Pie for the first ever time**

In earlier times, fish was eaten to honour the Roman goddess Venus. Romans were fond of eating fish but when they invaded Britain they were disrespected for the amount they consumed. At that time in Britain, seafood was mainly consumed on Fridays.

The Fisherman's Pie recipe was thus brought to Britain by these invaders



750g to 1kg Potatoes (peeled and halved)
400ml Milk (plus splash for mash)
25g Butter (plus knob for mash)
25g Plain Flour
Onions diced
Fish Pie Mix (I used two from Iceland)
I added a couple of packs of prawns too
1 large teaspoon of English Mustard
Handful of frozen sweetcorn
Handful of frozen peas
Handful of grated cheese (I used Red Leicester)

1. Boil the potatoes till they are tender, then using the splash of milk and knob of butter, mash them into a lovely big blob - you can add some seasoning if you wish of course - it's your mash
2. Add the butter, plain flour and onions to a new saucepan and heat it gently until the butter has melted, making sure you stir regularly.
3. Gradually whisk in the milk - use a balloon whisk if you wish - as you want to make sure there are no large lumps
4. Bring to the boil and stir until thickened - you need to make sure that it does not stick to the bottom of your saucepan.
5. Take off heat and stir in the fish mix, mustard, prawns, the sweetcorn, the peas, and some chives if you fancy too.
6. Pour into your dish and add the mash on top - and then sprinkle over the cheese.
7. After heating the oven to 200C, cook for 25 to 30 mins (approx.) until golden and bubbling.
8. Tuck in and enjoy.



**My mum used to make an
amazing Fish Pie.
I think she would have been
proud of me.
It tastes delicious.
I stun myself once more**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and tasty dish to prepare.**