



cast iron

Fish and Vegetable Pie with Herbed Mash

Cast Iron 30cm Shallow Casserole



Fish and Vegetable Pie with Herbed Mash

Serves 4

Australia is surrounded by water and has a rich supply of fish and seafood.
It also has a love of the potato. This recipe combines the two.

**Le Creuset Cast Iron
30cm Shallow Casserole**

Ingredients

200g boneless white fish fillets
200g skinless salmon fillet, pin-boned
(ask your fishmonger to do this)
450ml full-cream milk
750g potatoes, peeled and halved
4 baby leeks, finely sliced
3 shallots, diced
2 fennel bulbs, finely sliced
1 tablespoon olive oil
100g butter
2 tablespoons flour
150g frozen peas
3 tablespoons chopped fresh parsley
Juice of 1 lemon
Salt and freshly ground black pepper

Method

1. Preheat oven to 180°C.
2. Place the fish in a shallow casserole, season with salt and pepper and pour over 400ml of the milk. Cover with foil and bake for 15 minutes until the fish flakes slightly when pressed with a fork.
3. Remove the fish, reserving the milk. When cool enough to handle, flake the fish into bite-sized pieces and set aside.
4. In the meantime, sauté the leeks, shallots and fennel in the olive oil until soft in a shallow casserole.
5. Melt 50g of the butter in a saucepan, stir in the flour and cook over low heat for 2 to 3 minutes. Slowly add the reserved milk and continue to cook until thickened, stirring continuously. Add the flaked fish, sautéed leeks, shallots and fennel, peas, 1 tablespoon of the parsley and the lemon juice. Season with salt and pepper.

Herbed Mash

1. Place the potatoes in a pot, cover with salted cold water, bring to the boil and simmer until soft.
2. Drain the potatoes and mash with the remaining 50ml milk, 50g butter and 2 tablespoons of the chopped parsley until smooth. Season to taste.

To assemble, pile the fish mixture into a large baking dish or shallow casserole. Spoon the mash on top and smooth with a spatula. Trace a pattern into the mash with the tines of a fork. Bake for 20 to 25 minutes or until golden.

*Featured products may not be available in Australia and New Zealand.
Ask in-store for details or visit www.lecreuset.com.au



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30cm Shallow Casserole



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Reference No 4072