

COOK YOUR CATCH

FESTIVE FISH PIE

Chris Sandford, has come up with a tasty way to celebrate Christmas with all of the fish you that you have left in your freezer at the end of the year.



Ingredients (Serves 6 to 8)

12in pie dish	Half a cup of celery, finely sliced
One fillet of salmon	6oz to 8oz
One snapper 2lb to 3lb	Half a red and green pepper, diced
One sea bass 2lb to 3lb	Half a cup of cooked sea bream 10oz to 12oz
One sea bream 10oz to 12oz	Half a cup of cooked and diced potato
500g packet of short-crust pastry	One cup of fresh spinach
4oz butter	Half a medium onion, finely chopped
Half a medium onion, finely chopped	Half a courgette, sliced
3 to 4 cloves of garlic, crushed	One cup of cream
One teaspoon of saffron	One egg, beaten
One teaspoon of curry powder	For the sauce:
Two sprigs of rosemary leaves, roughly chopped	One tablespoon of finely chopped onion
	1oz butter
	2oz of finely shredded spinach
	One cup of cream



Method

» First fillet your fish, removing all the skin and bones, cut it into evenly sized pieces and leave to cool in the fridge.

» Rub the pie dish with butter then coat with flour. Roll out half of your pastry and line the dish. Cut to size, leaving a little excess to attach the top of the pie and leave to rest in the fridge.

» Roll out the rest of the pastry and score with a knife to make a net pattern and leave to rest.

» Melt half the butter in a thick-bottomed pan, add the onion, garlic, saffron and curry powder and fry for a couple of minutes. Add the rosemary, celery, peppers, courgette, carrots and potato, stir to coat evenly, then add the cream and season to taste.

» Add all the chopped fish, mix carefully then remove from the heat and leave to cool. Meanwhile, cook the spinach leaves in some butter for a few seconds and leave to drain.

» Fill your pie dish with the vegetable-and-fish mixture and place the cooked spinach on top.

» Wash the lip of the pie dish with the beaten egg and carefully add your top. Crimp firmly to seal then bake in a moderate oven (around 160°C) for 25 to 30 minutes.

» Meanwhile, prepare the sauce. Sweat the onion in a pan with the butter until soft. Add the spinach and the cream and simmer until the sauce has thickened enough to coat the back of a spoon. Season to taste.

» This pie is a definite hit and something that you can prepare in advance with ease. I have suggested a few fish, but really any fish will do.



FACT FILE



THE CHEF CENTRE OF IRELAND

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If you would like to try my Christmas carrot cake – absolutely guaranteed to turn out well – check out my website www.thechefcentreofireland.com for the full recipe. Wishing you all a very merry Christmas and prosperous new year.