



SMITHY'S SEAFOOD PIE

Option to use pastry top and bottom, or as a family or individual pot pie with a creamy mash potato top as pictured

INGREDIENTS

- 250g fresh white fish - Ling, Snapper, Blue Eye Cod or Barramundi
- 150g scallops
- 150g peeled prawns
- 1 leek sliced
- 1 fennel bulb shredded
- 1 carrot diced
- 1 onion diced
- 2 celery sticks diced
- 50g butter
- Puff pastry (store bought option)
- 50g flour
- 2 Tbsp oil
- 500ml fish stock
- 200ml milk
- ½ bunch fresh dill
- ½ bunch fresh parsley
- 1 lemon
- Cumin, fennel and coriander seed - roasted and ground
- Salt and pepper
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Homemade pie base pastry (Option)

- Flour cup plain flour
- ½ tsp salt
- 2/3 cup water
- 125g butter
- 1 egg

Mash Potato (Option)

- Dice 5 potatoes and boil until soft.
- Drain and pass through a ricer or masher. Add butter, cream, salt and pepper to taste and set aside to cool slightly

METHOD

Melt butter with oil in pot

Saute vegetables 5 minutes until soft.

Add ground spices, saute 2 minutes.

Add flour, cook 1-2 minutes.

Start adding stock 50-100ml at a time.

Add milk.

Season with salt and pepper.

Cook on low for 20 minutes. The sauce should thicken to coat the spoon similar to that of a thick gravy.

Dice fish and add with prawns and scallops. Add chopped herbs. Add zest of half the lemon and 1 Tbsp juice.

Cook 2 minutes.

Set aside to cool (room temp if time permits).

BASE

Mix flour, melted butter and water with salt and knead until smooth.

Roll out to about 3mm.

Place into an oiled family or individual pie base. Trim sides and blind bake for 20 minutes at 180 degrees.

ASSEMBLE

Fill the pie base with the filling.

Place a sheet of puff pastry on top and trim edges.

Cook at 180 degrees for 25 minutes or until pastry is golden.