



Fish & Vegetable Pot Pies

I love pot pies as there's no pastry base to fiddle around blind baking, just a flaky golden pastry lid. You can bake them in a ramekin, ovenproof bowl or soufflé dish and fill them with virtually anything you like so, with a roll of Carême sour cream shortcrust pastry in the freezer, they're a great way to use up leftovers too. This recipe is super versatile, use any firm fish you like or a mixture, ling and salmon work well as does prawn meat. I use buttermilk for a little extra tang, but substitute regular milk if that's what you have, or replace some or all of it with fish stock or vegetable stock. As for vegies and herbs, use my recipe as a starting point and add whatever you have on hand. I told you this is a versatile recipe, I sometimes even make it with chicken instead of seafood. Go retro and serve a simple iceberg salad on the side (see video).

Serves 4

INGREDIENTS

- 400g blue-eye trevalla fillet pieces (or other firm white fish), skin off, pin-boned (14oz)
- 50g butter (2oz)
- 1 leek, white and pale green part, washed well and finely sliced
- 1 cob corn, kernels removed
- 1 carrot, peeled and finely chopped
- Salt flakes and freshly ground black pepper, to taste
- 250g green peas in the pod, shelled (9oz; about 100g/3½oz shelled)
- 1½ tablespoons plain flour (18g/¾oz)
- 360ml buttermilk or milk, plus extra for brushing (¾ pint)
- ½ bunch chives, finely sliced
- 445g shortcrust pastry (1lb)



METHOD

1. Preheat oven to 180°C (355°F).
2. Cut fish into small chunks. Set aside.
3. Melt butter in a frying pan over medium heat.
4. Add leek, corn, carrot and a good sprinkle of salt.
5. Reduce heat, cover, and cook for about 15 minutes, stirring occasionally, until carrot is tender.
6. Stir in peas then add flour and pepper and cook for 2 minutes, stirring frequently.
7. Add buttermilk or milk, increase heat to high and stir until mixture comes to the boil, then reduce heat and stir for another minute.
8. Remove from heat, stir in fish and chives and divide between 4 x 375ml ramekins or dishes (1½ cup/¾ pint capacity).
9. Cut pastry discs large enough to cover the top with a little overhang.
10. Top ramekins with pastry and press the edges down to seal, brush with milk, make a slash in the top.
11. Cut fish or other shapes from the pastry off-cuts to decorate the tops of the pies if you like.
12. Bake for 25 minutes or so, until golden.