



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Fish Pie

A great comfort food, and the fish combination can be almost anything!

Ingredients

2lb fish (e.g. haddock, cod)
Smoked haddock or cod if wished.
A few queen scallops
Prawns
Butter
Flour
Parsley or similar seasoning
Potatoes

Method

Boil and mash the potatoes. Poach the fish in milk.

Make about a pint of white sauce, with butter and flour for a roux, and add the fishy milk to make it up.

Do not make it too thick if you have made it in advance as it might make the pie heavy.

Add layer of mashed potato, or boiled, sliced potatoes with butter on top

