

**Typ:** Pasta

**Quelle:** Good Housekeeping Nov 94

**Bemerkungen:** Preparation time: 20min  
Cooking time: 1hr 30min  
720cals per serving Serves 6

**Zutaten:** 450g (tlb) fresh haddock fillet, skinned  
300ml (10fl oz) white wine  
slices of carrot, onion and a bay leaf for flavouring  
salt and pepper  
200g (7oz) lasagne verde  
oil  
450g (1 lb) trimmed leeks  
150g (5oz) butter  
1 garlic clove, crushed  
90g white plain flour  
142ml (5fl oz) carton single cream  
142ml (5fl oz) carton soured cream  
15ml (1 level tbsp) chopped fresh dill or 2.5ml dried  
225g (8oz) ready-cooked seafood cocktail or peeled, cooked prawns  
50g (2oz) Gruyere or Cheddar cheese  
30ml (2 level tbsp) freshly grated Parmesan cheese  
45ml (3 level tbsp) pinenuts (optional)  
prawns, mussels and dill to garnish

**Rezept:** 1 Cover the haddock fillet with water and half the wine. Add the flavouring ingredients. Season and bring to the boil. Cover and simmer for 5min or until tender.

2 Flake the flesh, discarding any bones. Strain the cooking juices; make up to 1 litre stock with water and reserve.

3 Cook lasagne according to instructions, stirring occasionally. Add a little oil to the water to prevent sticking. (Even if you are using no-cook lasagne, you should still boil it for about 7min.) Drain and run cold water over the pasta. Spread on a damp tea towel and cover with another damp tea towel.

4 Thickly slice the leeks. Melt 50g (2oz) butter in a medium saucepan. Add the leeks and garlic, cover and cook for about 10 min. Remove using a slotted spoon.

5 Melt remaining 75g (3oz) butter in the pan. Add flour and cook, stirring, for 1 min. Off the heat, mix in the 1 litre (1% pints) of stock and remaining wine. Bring to the boil, stirring. Cook for 2min. Off the heat, whisk in the creams and dill. Season.

6 Spoon a little of the sauce into a 3-litre (5¼-pint) shallow ovenproof dish. Top with a layer of pasta, followed by the haddock, seafood cocktail and leeks, and a little more sauce. Continue layering, finishing with the sauce. Scatter over cheeses and pinenuts, if using.

7 Cook at 200°C (400°F) mark 6 for 45-50min or until piping hot and golden. Decorate with prawns, mussels and fresh dill sprigs.

To freeze: Cool, wrap and freeze at the end of step 6.

To use: Thaw overnight at cool room temperature. Cook as directed for 1 hr or until piping hot.