
Typ: Fisch

Quelle:

Bemerkungen: In our even lighter version of this favourite, the fish isn't pre-cooked so remains in firm chunks. If you're freezing this, don't use fish that has been previously frozen.

Nov 2012: sehr gut und sehr nahrhaft. Petersilie durch eine gute Menge Dill ersetzen. Auf den fisch am Boden der Form einen Schuß Pernod träufeln.

Am Ende entsteht oben eine Menge Brühe. Den Fisch auf jeden Fall gut trocknen. Kartoffelbrei und Sauce möglichst dick.

Zutaten: Serves 6

1.3kg floury potatoes
small bunch flat-leaf parsley
300mL fish stock
1kg mixed fish, such as smoked haddock, prawns and salmon
50g butter, plus extra for the mash and topping
50g plain flour
225mL double cream
150g mature Cheddar, grated
6 tbsp fresh breadcrumbs

Rezept:

1. Peel and cut the potatoes into medium chunks then steam until tender. Meanwhile, chop the stalks off the parsley and add them to the fish stock. Chop the parsley leaves and set aside. Heat the stock through gently to infuse for 10 minutes then strain. Remove any skin from the fish and cut into large chunks, then place in the base of an ovenproof dish.
2. Melt the butter in a saucepan, stir in the flour and cook, stirring until you have a smooth roux. Add the hot stock gradually, stirring as you go, then once it has cooked through and thickened, add the cream. Season to taste then add the chopped parsley. Pour over the fish.
3. Mash the potatoes well and add all but about 3tbsp of the cheese and a large knob of butter. Season well then spoon on to the fish. Level it off with a fork then scatter over the breadcrumbs and remaining cheese. Dot with a little more butter.
4. When you are ready to bake it, heat the oven to 200°C, 180°C fan, gas 6. Put the dish on a baking sheet and bake for 45 minutes, until bubbling and golden brown.

Easy/Prepare ahead/Freeze

Preparation and cooking time: 1 hour 20 minut