

Food For Thought Recipe and Allergen Card

Salmon Fish Pie

50 Portions

Ingredient	Hannah Product Code	Quantity
Salmon Fillet	F004502	5
Panga Fillet	F001940	6
Potatoes – Peeled ¼		3k
Margarine	C000266	350g
Salt		To taste
Pepper		To taste
Onion - Diced		500g
Garlic - diced		3 cloves
Mixed herbs	D001161	1tbsp
Plain Flour	D200205	150g
Milk		2.5 ltr
Olive oil	D001010	For frying

RECIPE METHOD – ALLERGENS

1. Season with salt and pepper the **fish** fillets and place in the bottom of a large deep baking dish or tin and cover with cold **milk**
2. Cook, covered, in the oven at 180°C for 15 – 20 minutes or until the fish is just cooked through
3. **RETAINING** the milk, drain the fish
4. Cook the potatoes in boiling water until tender and mash, blending with 200g of **margarine** and seasoning with salt and pepper
5. In a sauce pan, heat some oil for frying and then add the diced onion, fry for 5 minutes until translucent
6. Add the garlic and mixed herbs and cook for 1 minute stirring well
7. Add the remaining 150g margarine and melt
8. Add the **plain flour** and mix well
9. Add the retained milk a little at a time until a smooth thickened sauce is achieved, adjust the seasoning
10. Flake the fish into the bottom of a ceramic baking dish
11. Pour over the sauce until the fish is covered
12. Top with the mashed potato
13. Bake in the oven at 180°C until 75°C in the middle and well browned on the top

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...