



Salmon Fish Pie

Ingredient	10 Portions	50 Portions	100 Portions
Salmon Fillet	1	5	10
Panga Fillet	1	5	10
Potatoes – Peeled ¼	600g	3kg	6kg
Margarine	70g	350g	700g
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste
Onion – Diced	100g	500g	1kg
Garlic – diced	1 clove	5 cloves	10 cloves
Mixed herbs	pinch	1tbsp	2 tbsp
Plain Flour	30g	150g	300g
Milk	500g	2.5 ltr	5 ltr
Olive oil	For frying	For frying	For frying

Method

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

Allergens Wheat, Milk, Fish