

Recipe of the Month

Award-winning Crab and Lobster, Asenby,
shares their popular signature fish pie recipe

The Crab and Lobster fish pie

Serves 1

Ingredients

¼ onion, diced
20g butter
200ml reduced fat cream
170g of fish mix (including cod,
haddock and salmon)
Pinch of capers
2 peeled prawns
3 queen scallops
200g buttery mash
1 tsp fresh crab meat
Pinch of mature cheddar

First add the diced onion and butter to a heavy bottom sauce pan and soften. Add the cream to the pan and then add the fish pieces and capers. Poach the fish gently for around 30–60 seconds then add the prawns and scallops. Cook gently for around two minutes.

Then carefully spoon the mixture into an oven proof dish, using a piping bag, pipe the mashed potatoes over the top of the fish and cream mix. Place the crab meat in the centre on top of the mash and then add the cheese. Place in a preheated oven at 180C for 20 minutes.

Serve with fresh buttered green beans and peas.

www.crabandlobster.co.uk

