

Fantastic Fish Pie - Serves 6

5 large taters, peeled and diced into 1 inch squares

Salt and pepper

2 free range eggs

2 large handfuls of fresh spinach

1 onion, finely chopped

1 carrot, finely chopped

Olive oil

½ pint double cream

2 good handfuls of grated Cheddar or Parmesan

Juice of 1 lemon

1 heaped tsp English mustard

1 large handful of flat-leaf parsley, chopped

1 paand haddock or cod fillet, skinned boned

Nutmeg (optional)

Method

Oven = gas 8

Boil taters in salted water for 2 minutes

Add eggs to the pan and cook for a further 8 minutes until hard-boiled, by which time the taters should also be cooked - at the same time, steam the spinach in a colander above the pan – about 1 minute.

When the spinach is done squeeze ee, drain taters; remove the eggs, cool, peel & quarter them, put to one side.

In a separate pan slowly fry the onion and carrot in a little oil for 5 mins then add the double cream and bring just to the boil – remove from heat and add the cheese, lemon juice, mustard and parsley.

Put the spinach, fish and eggs into earthen-dish, mix together and pour over the creamy veg sauce

Mash the taters add a wee bit of olive oil, salt, pepper and a touch of nutmeg if you like.

Spread over the fish – oven = 25-30 minutes until golden

Serve with fine beans, baked beans, whatever