



FAMILY FISH PIE AND BACON BRUSSEL SPROUTS **BY VANESSA BAXTER**

FAMILY FISH PIE

SERVES:

4

INGREDIENTS:

1.5kg floury potatoes for mashing
4 large free-range eggs (optional)
50g unsalted butter
50g plain flour
350ml quality fish stock
2 fresh bay leaves
350ml semi-skimmed milk
a few sprigs of fresh flat-leaf parsley finely chopped
1 heaped Tsp. English mustard
50g cheddar cheese grated
juice of 1/2 lemon
freshly ground black pepper, to season
200g baby spinach
750g skinless, boneless fish
1 whole nutmeg, for grating
extra virgin olive oil
a splash of milk



METHOD:

Preheat the oven to 200°.

Peel the potatoes and cut into 2cm chunks, then boil for around 15 minutes, or until tender. Add the eggs for the last 8 minutes (if using).

Meanwhile, make the sauce. Melt the butter in a heavy-bottomed pan over a low heat, and stir in the flour till it forms a paste and cook for a further minute.

Bit by bit, add the stock stirring after every addition until you have a smooth, silky sauce. Throw in the bay leaves and add the milk.

Bring to a simmer and stir in the parsley (if using) mustard, grated cheese, then squeeze in the lemon juice.

Continue to stir until the cheese is melted. Season with a little black pepper, then remove from the heat.

When the potatoes and eggs are cooked remove them from the pot with a slotted spoon rather than a sieve so the water can be re-used.

Place all the potatoes into a bowl and set aside.

Keep the pot on the heat and drop in the spinach into the hot water and remove almost instantly by using the same slotted spoon and putting the spinach into a bowl.

Prepare the fish by cutting into smaller chunks, be sure to check the fish is completely boneless. Lay the fish pieces along the bottom of a baking tray, roughly chop the wilted spinach and scatter over the fish.

Grate nutmeg into the bowl of potatoes, add a splash of olive oil and begin the mash them whilst slowly pouring in the milk.

Lay the boil eggs into the baking form if you're using them, pour over the sauce to coat all the ingredients in the dish and top with the mashed potatoes.

Gently rough up the surface of the mashed potatoes with a fork to ensure all the peeks go lovely and golden sprinkle with the remaining cheese then pop into the oven.

Bake until the sauce bubbles up the sides and the top is golden.

BRUSSEL SPROUTS AND BACON

**SERVES:**

4

INGREDIENTS:

- 1 Tbsp. olive oil
- 1 red onion finely diced
- 5 rashers bacon sliced into batons
- 50g butter
- 400g Brussels sprouts
- Parmesan cheese or sea salt, to dust

METHOD:

Heat the olive oil in a pan until it simmers then throw in onion and bacon. Stir until you reach a lovely golden colour. Remove and wipe the pan down with a paper towel then pop back onto the heat and add in the butter, allow to melt. Slice the Brussels sprouts in half through the core. Add cut-side down in the pan, cook on a medium–high heat for 5 minutes, until they are tender and have started to colour. Add the bacon and onion back into the pan, and cook to combine the flavors for another 2 minutes, then serve with a dusting of Parmesan cheese or sea salt.

FURTHER LINKS



www.vanessabaxter.co.nz

<https://www.instagram.com/vanessabaxternz/>

<https://www.facebook.com/vanessabaxternz/>

To find out more about the Whānau Living TV series visit our website:

<http://www.whanauliving.co.nz/>

another Adrenalin Group Production