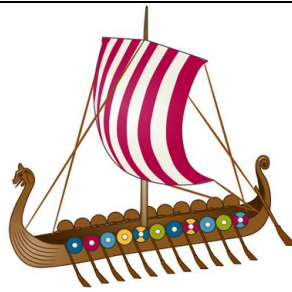


THE Kitchen CLUB

Learn to cook, eat well for life



Viking Fish Pie Ships




Serves 8



This ship sails the seas of flavours! Yummy fish pie filling in a baked jacket potato, topped with delicious mash and cheese topping! Then served with a lettuce sail and cucumber waves! Exactly what every modern day Viking would choose to eat! DELICIOUS!

Equipment

Ingredients

Apron		Weighing Scales		Fie Pie Mix – 400g		Black Pepper	
Non Slip Mat		Straining Spoon		Onion – 1 small		Parsley – small bunch	
Chopping Board		Wooden Spoon or Whisk		Skimmed Milk – 300ml + 30ml		Baking Potatoes – 4 large	
Sharp Knife		Colander		Frozen Sweetcorn – 100g		Cheddar Cheese – 50g	
Saucepan		Potato Masher		Frozen Peas – 100g		Baby Gem Lettuce	
Measuring Jug		Wooden Stirrer Sticks		Plain Flour – 25g		Cucumbers	
Grater		Foil containers or serving dish		Butter – 30g + 25g		Carrots – 1 large	

METHOD

1. Wash Potatoes, poke holes into it with a fork, wrap in foil and bake at 180°C for an hour.
2. Put fish pie mix into saucepan. Cut onion into half and place into saucepan with fish. Add 300ml milk and bring the saucepan to boil. Once boiled, remove from hob and place on pan stand for 8 minutes. It will continue to cook.
3. While the fish is cooking, measure the flour, butter, milk, grate the cheese and snip the parsley.
4. Cut jacket potatoes in half and hollow out flesh and set aside. Take the potato flesh, add 30ml milk and 30g butter and mash until smooth.
5. Take the fish out of the milk mixture and set aside. Save the milk into a measuring jug. Discard the onion.
6. Melt 25g butter, add the flour and stir into a paste. Then add the milk mixture slowly, stirring all the time until it becomes a sauce. Add the sweetcorn and peas. Cook through, then add the parsley and black pepper.
7. Add sauce to fish and mix gently.
8. Spoon fish mixture into potato skins, top with mash potatoes and sprinkle the top with grated cheese. Place in oven 180°C for 20 minutes.
9. Cut cucumber into half lengthways, then slice into semi-circles. Separate Baby Gem Lettuce leaves from head and skewer it using a wooden stirrer stick to make a sail and mast.
10. Once potato fish pies are cooked, place mast and sail into the centre of the potato ship. Use the cucumbers to decorate as waves around the base of the potato.

NUTRITIONAL INFO

Carbohydrates - Gives us energy



Protein - Builds our bodies



Fats - Keeps our bodies working



Fibre - Sweeps our tummies



Allergens: Fish ; Milk ; Mollusc ; Wheat/Gluten
product labels.

Presence of allergens can vary by brand – always check

Sweetcorn, peas, lettuce, cucumbers and carrots count towards your 5 a Day. Remember to include a 'rainbow' of fruit and vegetables in your 5 a Day. Next time why not try adding different types of vegetables. You can even make up a colourful salad with lettuce, tomatoes, radishes, red and yellow peppers and make your fish pie boat sail on that! Yummy for your tummy and your eyes!

Skills learnt today: You have: cut; snipped; stirred, measured ; weighed ; grated ; mixed ; scooped, sprinkled ; baked and sculpted.

