

FISH PIE TOPPED WITH CAULIFLOWER MASH - TRANSCRIPT

So I just want to do a really quick video for you today to show you how easy it is to make a fish pie. So in here I have got sour cream, low fat cheddar, a little bit of butter and some seasoning. And here I've got a cauliflower that I've steamed until it's nice and soft. So we're just going to pop cauliflower into the blender. Might have to do this in a couple of batches, we'll see. Let's pop it on and see how it goes. Apologies for the noise.

So that's your cauliflower mash, which literally only took a couple of minutes. So in a saucepan I've got flour, butter, and spring onions, which I'm just going to melt the butter. And then you slowly add your 400 ml of milk, stirring all the time, and bringing to the boil. This won't take long. But you need to keep whisking it so it's not lumpy. Here we go. We're just going to bring this to the boil. I just wanted to show you quite how quick you can do this, because a lot of people say to me, "Oh, I haven't got time for things like a fish pie because I've got to make the sauce, I've got to peel the potatoes if you're using mash, or cook the cauliflower if you're using cauliflower." But it really doesn't take that long at all. So I just need to bring this up to the boil. And then once it's up to the boil, it will quickly thicken to a nice sauce-like consistency.

Now you can use whatever fish you want for this. I bought today a bag of king prawns, and a bag of ready-made fish pie mix that's got haddock, cod, and salmon in it. But I always like to add prawns because I quite like big juicy prawns in my fish pie. And the same with... I add peas and sweetcorn. You don't have to add either, but I think it gives it a nice little bit of texture. I quite like it when the sweetcorn and the peas pop in your mouth when you're eating your fish pie.

While this is coming up to the boil I'll just show you that's the fish mixture that I bought. Unfortunately it contains haddock, which is a bit of a shame because I personally prefer naturally smoked haddock, but I cheated and bought a mix as opposed to buying the individual fish. So that's my fault really. So this is heating up nicely. So while this is heating up, we're going to put our fish there. We're going to add our peas and sweetcorn. As I say, you don't have to add any of them if you don't wish. And add a hand full of chives.

A teaspoon of Dijon mustard. I think that just gives it a nice little sort of kick. And I quite like the mustard taste. So we're nearly ready to go. Just need this. It's thickening up nicely, just need it to go a little bit more. And this is really how quickly you can make a fish pie. All right, let's clear things out the way while we get ready to put into a bowl. I think I might have underestimated the size of the dish that I need for this, but we'll find out in a moment. All right. So as you can see, that's a nice sauce consistency. I hope you can see. There you go. So we're just going to pour that over the fish mix like so. Give it a nice stir so everything's all combined. Ah, it does look nice.

Lovely. And then we pop that into our oven-proof dish, if it fits. Oh yes, I think it... Yeah. That's lovely. I think I probably will need to put a dish under this when I put it in the oven, because I have filled it up a little bit. And then all you have to do now is grab your cauliflower mash, and just dot it around the top.

So as you can see, that really doesn't take long at all. I mean I think, in an ideal world, I would have had a bigger dish. But that's okay, because it will bubble over and be lovely anyway. But if you do do what I've done and you do overload the dish, then obviously pop a

tray or something underneath it to save your oven, because I think mine's spilling over on one side already. Yeah. That's okay.

So what we do now is pop it onto a tray, or I'm going to pop it onto a tray because I've been overgenerous with that. Then I'm going to put it into the oven.

Now I cook that for 25 minutes on 180, which should cook it all the way through. So that's how easy and quick you can make a fish pie.