

Luxury Smoked-fish Pie

Serve it with some sprigs of watercress or fresh shelled peas for garnish.

Serves 6



8 oz (450 g) smoked haddock fillet	
2 boneless kipper fillets	
8 oz (225 g) smoked salmon or smoked salmon trimmings	ou de chutes de saumon fumé
15 fl oz (425 ml) whole milk	
1 bay leaf	
6 black peppercorns	
a few stalks fresh parsley	
2 oz (50 g) butter	
2 oz (50 g) plain flour	
5 fl oz (150 ml) single cream	15 cl de crème fleurette
3 tablespoons chopped fresh parsley	
2 large eggs, hard-boiled and chopped	
1 heaped tablespoon salted capers, rinsed and drained	et égouttées
4 cornichons (baby gherkins), chopped	
1 tablespoon lemon juice	
a few sprigs fresh watercress, to garnish	de cresson frais, pour garnir.
salt and freshly milled black pepper	Sel, poivre noir du moulin

For the topping:

2 lb (900 g) Désirée potatoes	900g de pommes de terre Charlotte
2 oz (50 g) butter	
2 level tablespoons crème fraîche	
1 oz (25 g) Gruyère, finely grated	
1 level tablespoon finely grated Parmesan (Parmigiano Reggiano)	
salt and freshly milled black pepper	

You will also need an ovenproof baking dish measuring 9 inches (23 cm) square and 2 inches (5 cm) deep, buttered.

Pre-heat the oven to gas mark 6, 400°F (200°C).

First of all arrange the haddock in a baking tin, pour over the milk and add the bay leaf, peppercorns and parsley stalks, then bake, uncovered, on a high shelf of the oven for 10 minutes. Meanwhile, remove the skin from the kipper fillets.

Then chop them into 2 inch (5 cm) pieces, along with the smoked salmon, then place all the prepared fish in a mixing bowl. Next, when the haddock is cooked, strain off the liquid and reserve it, discarding the bay leaf, parsley stalks and peppercorns.

Then, when the haddock is cool enough to handle, remove the skin and flake the flesh into largish pieces, adding it to the bowl to join the rest of the fish.

Next make the sauce. Do this by melting the butter in the saucepan, stir in the flour and gradually add the fish liquid bit by bit, stirring continuously. When all the liquid is in, finish the sauce by gradually adding the single cream, then some seasoning, and simmer for 3-4 minutes, then stir in the chopped parsley.

Now add the hard-boiled eggs, capers and cornichons to the fish, followed by the lemon juice and, finally, the sauce. Mix it all together gently and carefully so as not to break up the fish too much, then taste and check the seasoning and pour the mixture into the baking dish.

Now, to make the topping, peel and quarter the potatoes, put in a steamer fitted over a large saucepan of boiling water, sprinkle with a dessertspoon of salt, put a lid on and steam until they are absolutely tender – about 25 minutes.

Then remove the potatoes from the steamer, drain off the water, return them to the saucepan and cover with a clean tea cloth to absorb some of the steam for about 5 minutes.

Now add the butter and crème fraîche and, on the lowest speed, use an electric hand whisk to break the potatoes up, then increase the speed to high and whip them up to a smooth, creamy, fluffy mass.

Taste, season well, then spread the potatoes all over the fish, making a ridged pattern with a palette knife.

Now finally sprinkle over the grated cheeses and bake on a high shelf in the oven for 30-40 minutes, or until the top is nicely tinged brown.

Serve each portion garnished with the watercress.

1. Donnez un nom français à cette recette
2. Complétez les tableaux des ingrédients :
3. Retrouvez les expressions suivantes dans la recette

Plat à rôtir	
Faire cuire au four	
En position élevée dans le four	
Retirer la peau (des kippers)	
Hacher	
Filtrer	
Réserver	
Effeuille la chair en lambeaux assez gros	
Faire fondre	
Incorporer au fouet	
Ajouter petit à petit	
Assaisonner	
Faire cuire à feu doux	
Peler	
Couper en quartiers	
Panier à vapeur	
Saupoudrer	
Couvrir	
Recouvrir d'un linge propre	
Afin d'absorber la vapeur	
Travailler les pommes de terre avec un fouet	
lisse	
Crémeux	
léger	
Saler et poivrer	
Dessiner des sillons avec un couteau palette	
Jusqu'à ce que la surface soit bien dorée	

4. N'oubliez pas de reporter tous ces mots ou expressions dans votre lexique, par catégories.