

Spring Fish Pie Recipe from Andy Ritchie

A gorgeous Spring fish dish bringing zingy flavours to your table



Ingredients (for 2 portions)

Fish and seafood

- ▶ 2 fresh hake fillets, approx. 160g each
- ▶ 6 mussels
- ▶ 60g calamari/squid
- ▶ 10 Raw peeled jumbo king prawns

Mashed potatoes

- ▶ 500g mashed potato
- ▶ 2 egg yolks
- ▶ ½ tsp chopped parsley
- ▶ ½ tsp chopped chives

Cream sauce

- ▶ 500ml white wine
- ▶ 100g chopped shallots
- ▶ 20g parsley, roughly chopped
- ▶ 100ml Pernod
- ▶ 1 litre double cream
- ▶ 10g capers

Vegetables and garnish

- ▶ 80g broccoli
- ▶ 40g peas
- ▶ 20g spinach
- ▶ 40g spiralizer potatoes
- ▶ 4 quail eggs

Method

- 1 Trim and skin your hake fillets and then brine the fish in 500ml cold water, 1 tsp salt and 1 tsp sugar, for 30 minutes. Remove the fish from the brine and pat dry.
- 2 Preheat oven to 180°C, 160°C for a fan oven, or Gas Mark 4.
- 3 Mix the mashed potato with the egg yolks, chopped parsley and chives. Transfer into a piping bag and pipe a generous layer on top of the hake fillet.
- 4 Bake hake fillet in the oven for 8-12 minutes.
- 5 Meanwhile, bring a pan of salted water to the boil and add the quail eggs. Cook quail eggs for 2 minutes and 15 seconds and then remove from the pan and place in ice water for 5 minutes. After 5 minutes, the eggs can be peeled.
- 6 Steam the mussels in the white wine, shallots and parsley. Steam until all have opened, drain in a colander over a saucepan to retain the liquid.
- 7 Reduce the liquid over a medium heat, add Pernod and double cream, and reduce further until the sauce coats the back of a spoon.
- 8 Diamond score the squid and slice it thinly, providing three slices per portion. Seal both the squid and prawns in a frying pan to colour.
- 9 Floret the broccoli to a small size - three florets per portion – and blanch with the peas and spinach in salted boiling water. Drain all the vegetables.
- 10 Deep fry both the capers and spiralized potatoes separately until crispy.
- 11 To arrange the dish, plate the spinach in the centre of the dish and top with the hake fillet. Surround the fillet with cream sauce, seafood, quail eggs, and vegetables. Scatter the crispy capers around the fish and top the fillet with the crispy spiralized potatoes.