



Fish pie with Safe Food Ireland



New Directions: Personal and Social Development



Name:



Date:

Ingredients:

675g of cod fillet

150ml of water

1 onion

275ml semi-skimmed milk

25g of butter

1 dessert spoon of flour

1 lemon



1. Place cod fillets on pan and fry along with your onion and adding some water and milk



2. Remove the fish from from the pan



3. Place butter in saucepan and melt, also adding some flour



4. Gradually adding your stock



5. Bring all ingredients to boil and let simmer for 2 minutes



6. Add a layer of mash to your cod fillet and stock

7. Place in oven to brown mash potato

Well done guys, we hope you enjoy your fish pie