

Fluffy smoked haddock potato pie

Prep time: 10 mins

Cook time: 30 mins

Serves: 6

Ingredients

- 1.5kg floury potatoes, such as King Edwards or Maris Piper
- 600 g smoked haddock fillets, (150g each) undyed
- 300ml Milk skimmed
- 1 bunch Spring Onions finely chopped
- 200 g low-fat fromage frais
- 40 g grated emmental cheese, or Leerdammer
- 1 pinch freshly ground sea salt and black pepper

Method

1. Cook the potatoes in a large pan of boiling water for 15 minutes or so until tender.
2. Meanwhile, place the haddock in a pan, pour over the milk and sprinkle over the spring onions. Cover, bring to the boil and simmer for 5-8 minutes until the fish is cooked; it should flake easily. Lift out the cooked fish and discard the skin and any bones. Pour the warm milk and spring onions into a jug - you'll need 200 ml - and there should easily be enough.
3. Drain the potatoes well and mash, ideally with a ricer, until smooth. Beat in the warm milk and spring onions, followed by the fromage frais. Gently fold in the flaked fish and check the seasoning - you're unlikely to need much, if any, salt, but grind in plenty of black pepper.
4. Spoon the mixture into a large, shallow heatproof dish and scatter over the cheese. Pop under a medium-low grill for 15 minutes until golden and crunchy on the surface.