

Smoky Trout Pie And Mash

Recipe by: www.sbs.com.au



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SERVES
4

PREPARATION
30MIN

COOKING
30MIN

Ingredients

400 g hot smoked trout, skin and bones discarded, flaked

¼ cup roughly chopped dill

¼ cup roughly chopped parsley

1-2 sheets butter puff pastry, defrosted

1 egg, lightly beaten

Geraldton wax flowers, to serve

Dutch cream potato mash, to serve

Sauce

100 g unsalted butter, diced

2 onions, diced

100 ml fish stock

40 g (¼ cup) plain flour

250 ml (1 cup) milk

salt and pepper, to taste

pinch of nutmeg

Dutch cream potato mash

1 kg Dutch cream potatoes, scrubbed

100 g butter

200 ml pouring cream

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4

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30MIN

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30MIN

Method

- 1.)** Preheat the oven to 200°C
- 2.)** For the sauce, melt half the butter in a saucepan over medium heat. Add the onion and cook until soft and translucent. Try not to let them brown too much. Add the fish stock and simmer until reduced a little. Transfer to a small food processor or blender and blitz until smooth.
- 3.)** Melt the remaining butter in a saucepan over medium heat. Add the flour and stir until bubbling and golden. Gradually whisk in the milk until well combined. Add the onion mixture and season with salt, pepper and nutmeg. Gently stir in the flaked trout and herbs.
- 4.)** Divide the fish mixture between 4 ramekins. Cut out circles from the puff pastry large enough to cover them well. Place the pastry on top of each ramekin and brush with beaten egg. Place on a tray and bake for 20 minutes or until golden and puffed.
- 5.)** Meanwhile, for the mash, bring a large saucepan of lightly salted water to a boil. Add the potatoes and simmer until tender. Drain well, then stand in the colander for 5 minutes before slipping off the skins. Return the potatoes to the pan and shake over low heat to help dry them out a little. Mash until smooth, then gradually add the butter and cream until well combined. Season to taste.
- 6.)** Garnish the pies with Geraldton wax flowers and serve with the Dutch cream potato mash.