



London smokehouse pie





The case for a smoked fish pie !

This pie is inspired by the fish smoking businesses that are historically associated with the area where the London Olympics will take place. Stratford was once home to many small smoke houses that prepared smoked salmon and other fish to be sold to restaurants and food traders in the capital. In fact salmon smoking in the UK started in this area in London but many artisans moved their trade to Scotland after the 1950's to take advantage of the abundance of fresh Scottish salmon.



Foreman's was one of 300 businesses that had to either close down or relocate to make way for the Olympic stadium. With a grant from the London Development Agency they were able to move their business close to their original site. They now have a new bespoke factory where their business is flourishing with improved facilities and a restaurant. Their website is a good place to look for ingredient ideas. <http://www.formans.co.uk/>



There are 3 elements to this recipe



1. The pastry (make this first as it needs to rest)



2. The filling



3. The accompaniments (kale mash and roasted tomatoes)

These can be prepared while the pie is cooking



Pastry

Ingredients

1. 120g wholemeal plain flour mixed with 100g self raising flour
2. 5 x 15ml spoons (75ml) sunflower oil
3. A pinch of salt (optional)
4. 3 x 15ml spoons cold water (not shown)



Equipment

1. Weighing scales
2. Mixing bowl
3. Measuring jug
4. Rolling pin
5. 1 x 15ml spoon





Pie filling

Ingredients

1. 25g butter
2. 2 medium size leeks
3. 1 medium size parsnip
4. 250ml semi-skimmed milk
5. 1 x 15ml spoon corn flour
6. 1 x 15ml spoon grated parmesan cheese
7. Half of a 25g pack chives
8. 1 x 5ml spoon whole grain mustard
9. Salt and freshly ground black pepper (optional)
10. 320g of smoked and un-smoked fish (shown here is a mixture of fresh salmon, cod & smoked haddock)





Equipment to make the filling

1. Weighing scales
2. Vegetable knife
3. Vegetable peeler
4. 1 x 15ml spoon
5. 1 x 5ml spoon
6. 1 saucepan
7. Measuring jug
8. Heatproof mixing spoon

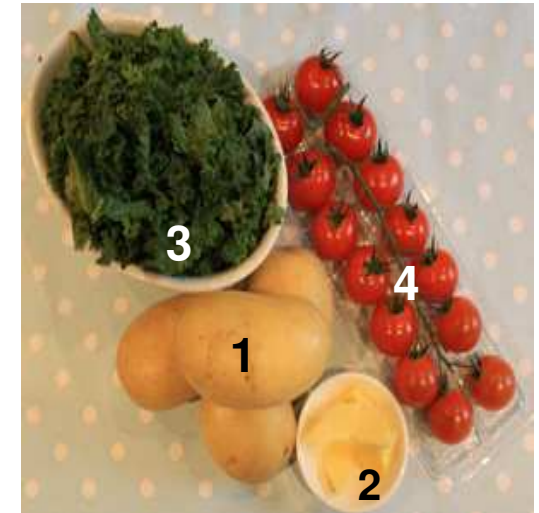




Kale Mash & tomatoes

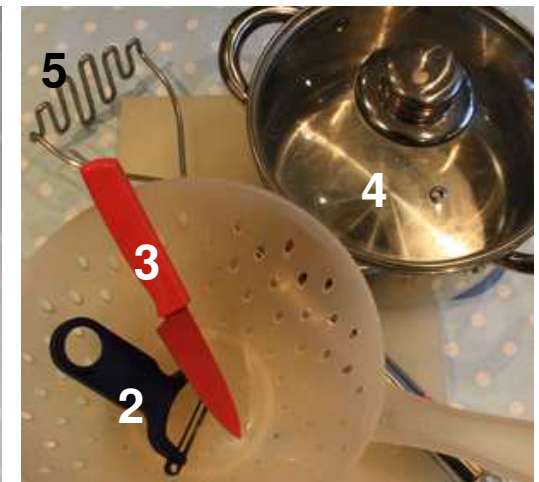
Ingredients

1. 450g Vivaldi or other creamy potatoes
2. 100g kale
3. 25g butter
4. 1 vine of cherry tomatoes (1 vine serves 2 people)
5. 1-2 x 15 ml spoons balsamic vinegar (not shown)



Equipment

1. Chopping board
2. Vegetable peeler
3. Vegetable knife
4. Saucepan and lid
5. Potato masher
6. Small wok or medium size frying pan
7. Heat proof spoon





Make the pastry

1. Weigh the flours and mix together in a mixing bowl. Add a pinch of salt if you wish but remember that smoked fish is full of flavour so leaving it out would be healthier here.
2. Mix the oil and water together and mix into the flour to form a dough. Add a little more water if the dough looks too dry.
3. Cover with cling film and leave in a cool place to rest. Use the refrigerator if it's a warm day.





Make the pie filling

1. Chop the leeks into 1cm slices and wash thoroughly in a colander
2. Peel and chop the parsnip into 1 cm chunks
3. Melt the butter in the saucepan and add the vegetables and stir fry for 3-4 minutes.
4. Put the lid on the pan and allow the vegetables to sweat for 10 minutes, over a low heat. Stir occasionally.
5. Add the milk and simmer for 2-3 minutes. Season.
6. Mix the corn flour with a little water to form a paste and stir into the vegetables and milk. Cook for 2-3 minutes and remove from the heat.





Make the filling cont.....

7. Add the chives, parmesan cheese and whole grain mustard and stir into the thickened sauce.
8. Now add the fish and mix until coated with the sauce.
9. Place the mixture into a pie dish.
10. Pre-heat the oven to 200°C/fan 180°C/gas mark 6.



Fish is easily over cooked. As this pie will now have pastry added to it the fish will cook with the pastry when it is placed in the oven.



Top pie with pastry

10. Place the pastry on a lightly floured work surface.
11. Roll out gently to a shape that matches your pie dish. The pastry should be about $\frac{1}{4}$ to $\frac{1}{2}$ cm thick.
12. Place over the pie filling and press the pastry into the side of the dish gently.
13. Brush the top of the pie with an egg wash or some milk (optional) to give it a glaze when cooked.
14. Prick the surface with the tip of a knife in 6 – 8 places to allow steam to release.
15. Place the pie in the pre-heated oven and bake for 20-25 minutes.
16. Prepare the side dishes while the pie is cooking.





Make the accompaniments

1. Peel and cut the potatoes into chunks.
2. Place the potatoes in a saucepan of water, bring to the boil and simmer for 20 minutes until soft.
3. Carefully wash the tomatoes and place on a baking sheet (you can line this with foil)
4. Sprinkle the tomatoes with balsamic vinegar and place in the oven with the pie for the last 15 minutes of cooking time.
5. Wash and finely chop the kale.
6. Heat the butter in a small wok or saucepan and add the kale. Stir fry for 5-6 minutes until softened.
7. When the potatoes are cooked, drain them in a colander and mash. Now stir in the kale. Keep warm.





Assemble the dish

4. Remove the pie and tomatoes from the oven. Cut the pie into four or six. Serve each portion of pie with a spoon of mash and some roasted tomatoes.

