

Flaky Organic Scottish Salmon Pie

In Scotland we use fresh salmon or Finnan haddock, in Cornwall haddock with some white crab meat, and northern folk are cod lovers. With this pie you can choose, and you can add some prawns too if you wish, and top with potato instead of pastry.

450 g / 1 lb fresh organic
salmon, boned and skinned
600 ml / 1 pint of milk
25 g / 1 oz butter
25 g / 1 oz flour
1 teaspoon capers
1 tablespoon lemon juice
2 tablespoons parsley, chopped
Salt and black pepper
1 lb quick flaky pastry
(see recipe on page 41)
1 egg, beaten, to glaze

SERVES 4-6

Place the salmon into a large saucepan, cover with the milk and simmer for about 5 minutes. Strain the milk into a jug and place the salmon to one side.

Melt the butter in the saucepan and then add the flour, cook for 3 minutes and then slowly return the milk back to the saucepan, stirring all the time until the sauce thickens. Add the salmon and the rest of the ingredients, stir and allow the mixture to cool.

Make up the pastry and pre-heat the oven to 220°C / 425°F / gas mark 7.

Put the salmon filling into a pie casserole dish and top with the flaky pastry, crimp the edges and glaze.

Bake in the centre of the oven for 30 minutes.

Serve with new potatoes and minted peas.

Shrimp Pie

Pick a quart of shrimps.

If they be very salty, season them only with mace and a clove or two.

Bone and mince two or three anchovies, mix them with the spice, and then season the shrimps.

Put some butter at the bottom of a shallow pie dish.

Put in the shrimps, and pour over them some more butter and a glass of sharp white wine.

Cover with a very thin delicate pie crust and bake until this is cooked.

It won't take long.

This recipe from Suffolk in 1823 might have tasted nice if it hadn't been so heavy on the mace and cloves, and then topped with anchovies!