

AQUNA FISH PIE WITH BEER BATTERED CHIPS



Life tastes better our way



AQUNA
Sustainable Murray Cod



INGREDIENTS

500g of Aquana Murray Cod (filleted, pin boned, skinned and cut into 2cm pieces)
40g plain flour 40g butter
300ml milk 200ml good quality fish stock
Olive oil 50ml water
1 x pinch ground white pepper
salt, to taste 200g white onion, finely diced
2 sprigs fresh thyme
2 x sheets of good quality frozen puff pastry
1 x egg yolk (for eggwash)
Store bought beer battered chips
3 x round ceramic ramekins

METHOD

SOUBISE SAUCE

1. In a small saucepan place flour and butter (roux) over a low heat.
2. Cook the roux until a light golden colour and sandy in texture.
3. Combine milk and fish stock in a jug and warm slightly in the microwave.
4. Carefully add the warm liquid to the roux while quickly whisking to prevent any lumps.
5. The mixture should thicken, and then cook for a couple of minutes until smooth and consistent.
6. Season to taste with salt and white pepper.
7. In a separate small pot, heat a couple of tablespoons of good olive oil.
8. Add diced white onions, thyme and 50ml of water.
9. Slowly cook down until the onions are really soft and translucent and beginning to paste together. Be careful not to caramelise.
10. Add the cooked onion to the white sauce.
11. Taste and check for seasoning.



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RECIPE #19

PIE

1. Preheat the oven to 180°C.
2. Prepare the 3 ramekins by coating them with olive oil.
3. Add the prepared pieces of Aquana Murray Cod to the bottom of each dish. Be generous, you want the fish to be the showpiece of this pie.
4. Cover the fish with the Soubise sauce until the ramekin is 3/4 full. It is important not to overfill as the mixture will spill over and ruin the pastry when cooking.
5. Defrost the puff pastry.
6. Cut rounds of pastry 2 cm larger than the diameter of the ramekin.
7. Cover each ramekin with the pastry and press the edges over tightly.
8. Poke the edges of the pastry with a fork. Make 5-6 fork imprints in the top of each pastry. This allows the pastry to rise evenly without popping the lid off.
9. Make an egg wash by adding 1 tbsp of water to the egg yolk in a small bowl.
10. With a brush, evenly coat the pastry with the egg wash, including the edges.
11. Cook on a tray in the oven until golden brown (20-25min).

CHIPS

1. Cook the pre-bought beer battered chips using your preferred method - fried, air fried or baked.

TO ASSEMBLE

1. Serve the pie in the ramekin with the chips served on the side.
2. Enjoy!

PREP: 25 MINUTES
COOK: 30 MINUTES
DIFFICULTY: MEDIUM
SERVES: 3 PEOPLE



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