

## Ingredients

1 cup fish or chicken stock (fish stock is sometimes hard to find)

1 cup milk

12 ounces Haddock

1/2 cup Green Peas

2 ounces (4 tablespoons) unsalted butter

1 Leek (white part only, washed thoroughly and finely sliced)

2 ounces (a little less than 1/2 cup) all-purpose flour

1 tablespoon finely chopped fresh parsley

Salt to taste

Freshly ground black pepper to taste

5 1/2 cups mashed potatoes (warm and creamy)

A handful of grated cheddar cheese

## Instructions

Heat the oven to 350 F

Pour the stock and milk into a large saucepan and bring to a gentle simmer.

Add the fish pieces and salt and pepper and poach for 5 minutes.

Remove the fish pieces with a slotted spoon and set aside. Reserve the liquid in the pot.

Melt the butter in a medium-sized saucepan over medium heat. Add the sliced leeks and cook for 5 minutes until the leeks are soft, toss in green peas.

While still hot, add the flour and stir well with a wooden spoon.

Pour the fish poaching liquid into the pan and stir again. Raise the temperature and cook for 3 minutes until the sauce is slightly thickened.

add the poached fish and chopped parsley. Season with salt and pepper to taste.

Spoon the fish mixture into an ovenproof dish. Cover with a thick layer of mashed potatoes and fluff them up with a fork,

Put the dish on a baking sheet and cook in the center of the heated oven for 15 to 20 minutes or until the sauce is bubbling beneath the potatoes, sprinkle with the grated cheese. broil until cheese is melted.

serve with choice of Vegetables