

**June 2012**

## **YUMMY!! Haddock and Potato Pie**

### **Ingredients:**

- 2 large potatoes, peeled and quartered
- 2 haddock fillets
- ½ cup of milk
- 1 small onion, chopped
- ½ tsp freshly ground pepper
- ¼ cup sour cream
- 1 cup sharp cheddar cheese, shredded (half for in the potato mix, half for on top!)

### **Directions:**

1. Preheat oven to 400 degrees F
2. Bring potatoes to a boil in a large pot of salted water. Cook until tender enough to insert a fork, but still firm. Drain and return to pot, lightly mash, cover and set aside.
3. Meanwhile, place the haddock in the non stick frying pan over medium heat. Pour the milk over the fish, sprinkle with the onions and add pepper. Cover and bring to a boil over medium heat. Reduce heat to low and simmer until the fish flakes easily with a fork (6 to 8 minutes).
4. Transfer haddock to a plate/bowl. Pour the milk mixture over the mashed potatoes; blend until smooth. Gently stir in the sour cream. Season with salt and pepper. Gently fold the haddock into the mixture along with half of the shredded cheddar cheese. Spoon the mixture into a glass loaf pan. Sprinkle the remaining cheddar cheese over the top.
5. Bake in preheated oven for 20 minutes, then broil at 425 degrees for 3 minutes, or until browned.
6. Allow to sit for as long as you can stand it.