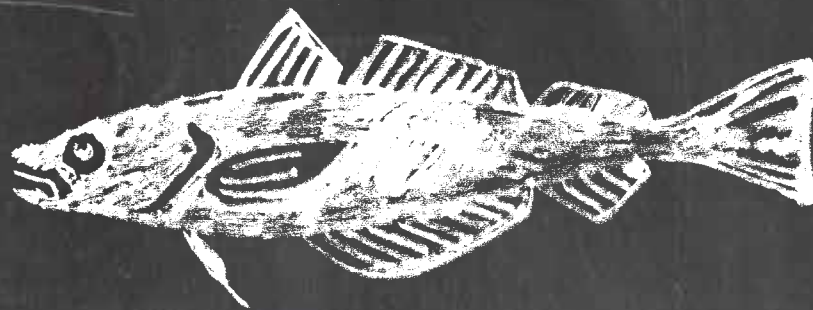


IT'S ALL  
ABOUT THE  
FISH



# Whiting

**FLAVOUR** Similar to cod. Often described as sweet/delicate.  
**FLESH** Firm and light but can turn to mush if cooked too slowly.  
**PREPARATION LEVEL** Simple.  
**CLAIM TO FAME** The French call whiting merlan.  
**GREAT TO USE IN** fish pies, fishcakes and fish fingers.

## WINTER WARMING FISH PIE

### Ingredients:

- 340g (12oz) whiting - skinned, boned and cubed
- 340g (12 oz) smoked haddock - skinned, boned and cubed
- Milk & Butter
- 900g (2lb) mashing potatoes
- Cheese for topping

### HOW TO MAKE

1. Pre-heat oven to 180°C/gas mark 4.
2. Put potatoes on to boil.
3. Butter a lasagne dish.
4. Place the whiting with a small amount of milk in a saucepan and cook for 6 minutes. Drain and place in lasagne dish.
5. Repeat with the smoked haddock.
6. When the potatoes are cooked, mash them with a little of the milk and butter (to taste). Season well with salt and pepper.
7. Cover the fish with the mash. Grate cheese on top (to taste).
8. Place in oven until golden brown.
9. Serve up with vegetables of your choice and some parsley or cheese sauce (great versions can be found in most fishmongers or supermarkets - or can be made at home).



## PIMP MY FISH DISH

If you want to add an extra edge to the fish pie, you could add in some prawns, scallops or salmon. You could also pop on some grated breadcrumbs and lemon zest on top for a crunchy finish.

## Make fish your dish

Fish is such a great option. There are so many varieties to choose between and have a wide range of flavours and textures - so there's something for everyone. It's a really healthy choice with plenty of nutrients and experts recommend at least two fish portions a week (one of which should be oily like mackerel, salmon or fresh tuna). And it's not as expensive as you might think.

In order to get really fresh fish and great prices we recommend seeking out your local fishmonger. As well as recommending a particular type of fish (some are more readily available than others depending on the season), they can also help with ideas for recipes and prepare the fish for use. If you ask nicely they may even show you how to do it yourself.

Brought to you by Milford Fish Docks in association with The Fish PlaiCe, Milford Haven (01646 692331).

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