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STEAM OVEN FISH PIE

CONVECTION

The preparation of this delicious seafood version of Shepherd's pie comes together easily using your Convection Steam Oven. Instead of preparing the ingredients in individual saucepans prior to assembling the casserole they can be cooked in the Steam Oven using the Steam Setting at the same time.

Preparation

Steaming the potatoes for mashed potatoes - 30 - 35 minutes

Steaming the eggs for hard boiled eggs - 20 minutes

Poaching the fish - 6 - 8 minutes

Once the fish has been poached set it aside to cool and you will make a Bechamel sauce with the warm milk. Then when the potatoes and eggs are ready you will layer the seafood into a casserole with the eggs and bechamel sauce and top with the mashed potatoes and a sprinkle of cheese. The casserole can then go back in the oven to heat through or cooled, refrigerated and baked the next day.

Ingredients

1 - lb, firm white fish like wild Cod

½ -lb uncooked, shelled & deveined shrimp 6 -
tablespoons, butter

3 - cups milk
3 - tablespoons, flour

2 - bay leaves

1 - small onion, peeled & studded with 4 cloves (optional)
Topping

4 - eggs ¼ -
cup grated Cheddar

2 - medium russet potatoes, peeled & cut into 1" cubes
cheese

Bechamel Sauce

6 - tablespoons, butter
3 - tablespoons, flour

Topping

¼ - cup grated Cheddar

Preparation

Place the fish and shrimp in a solid oven pan with the milk and bay leaves and onion, if using.

Place the eggs in a perforated pan or they can just rest on the oven



rack.

Place the potatoes in a solid oven pan with ¼ cup of water and a pinch of salt.

Preheat the oven in the Steam Mode

Place the pans in the oven, set the timer for 6 minutes, remove the seafood and re-set the timer for 15 minutes. Remove the seafood, place in a casserole pan, gently flake the fish and set the milk aside to cool.

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Remove the eggs after 15 minutes, place in cold water to cool and continue cooking the potatoes for another 10 - 15 minutes until soft enough to mash.

Make the Bechamel sauce: heat 3 tablespoons of butter in a small saucepan and stir in 3 tablespoons of flour, cook over low heat for 3 - 4 minutes. Stir in a little milk to

blend then gradually add the rest of the milk mixing well until you have a smooth sauce.

Peel the eggs, slice into quarters and arrange over the fish and shellfish.

Pour the Bechamel sauce over the seafood, strain the potatoes and mash with the remaining butter and season with salt and pepper.

Spread the mashed potatoes over the top of the casserole and top with the cheddar cheese.

Preheat the oven and bake in Convection 350 degrees or Convection Steam for 30 minutes.