



little salmon pies

Serves 4 (individual pies)

300g potatoes e.g. white maris piper, peeled and cut into small pieces

75ml semi-skimmed milk

Pinch of sea salt

Freshly ground black pepper

25g butter

Filling:

300g Scottish salmon, filleted and cut into bite-sized pieces

40g peas

40g cooked carrot, sliced

40g sweetcorn

200ml semi-skimmed milk

Salt and pepper

Pinch of nutmeg

1 tablespoon Greek yoghurt

1 large slice of onion

1 dessertspoon chives or parsley

1 dessertspoon rice flour mixed with a little milk

1. Cook potatoes and mash with the milk and butter and season.
2. Heat milk in pan to near boiling point with seasoning, nutmeg and onion slice. Reduce to a simmer, add salmon and poach for 3 minutes.
3. Remove onion, and stir in rice flour until thickened. Stir in yoghurt and chives.
4. Spoon into 4 ramekins or heatproof pots, top with potato and bake in a pre-heated oven gas mark 6 / 200°C / 400°F until golden on top.

