



# Smoked Cod Pies

## Ingredients

Serves 4

You will need 4 x 250ml ramekins

4 Smoked Cod Fillets

500ml (2 cups) milk

2 bay leaves

1 tbs chopped flat-leaf parsley

2 hard-boiled eggs, peeled, roughly chopped

1 cup broccoli florets, blanched

50g unsalted butter

4 tbs plain flour

100ml (5 tbs) white wine

2 (25 x 25cm) sheets puff pastry

1 egg, beaten



## Method

Place the cod, milk and bay leaves in a frying pan and bring to the boil. Reduce heat and simmer for 5 minutes. Drain, reserving the milk. Discard the skin from the cod, break flesh into flakes and place in a bowl. Add parsley, eggs and broccoli.

Melt the butter in a clean saucepan over medium heat. Add the flour and cook for 1 minute until it starts to honeycomb (when small bubbles appear over the surface). Add the wine and the reserved milk, season with salt and pepper and cook for 1-2 minutes until thickened. Combine with the fish mixture and divide between the ramekins, then set aside to cool.

Preheat oven to 180°C.

Cut out four 12cm circles from the pastry sheets and brush one side with egg. Place pastry, egg side down, over the dish, pressing down to stick to the sides of the dish. Brush tops with remaining egg and bake for 20 minutes until golden.

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