

# FISHERMAN'S PIE WITH POTATO GRATIN, ASPARAGUS SALAD WITH LEMON VINAIGRETTE



## INGREDIENTS

---

### Fish Stock

2 ½ lb white fish bones, rinsed  
1 onion, thinly sliced  
2 stalks celery, thinly sliced  
¼ fennel, thinly sliced  
3 bay leaves  
1 tsp, whole black peppercorns  
1 ½ cups white wine  
3 cups water

### Tarragon Sauce

2 tsp flour  
2 tsp butter, softened  
Fish Stock  
¾ cup 35% cream  
4 sprigs fresh tarragon  
salt

### Potato Gratin

1 cup milk  
¼ cup butter  
3 lb white potatoes, peeled, quartered and boiled in salted water  
2 egg yolks  
salt  
pepper

### Vegetable Filling

1 tbsp butter  
2 leeks, trim roots and green tops, wash and dice remaining  
2 carrots, peeled and diced  
2 tbsp Fish Stock  
1 cup frozen peas  
salt  
pepper

### Fisherman's Pie

Tarragon Sauce  
2, 7-8 oz fillets of catfish, edges trimmed and cut in ½ down centre  
16, 21/25 shrimp, peeled and deveined  
Vegetable Filling  
Potato Gratin

### Asparagus Salad with Pickled Onions and Lemon Vinaigrette

¼ red onion, julienned  
zest of 1 lemon  
juice of 1 lemon  
¼ tsp salt  
1 bunch asparagus, bottoms trimmed, stalks and tips separated and lightly blanched  
1 head Boston lettuce, washed, dried and roughly chopped  
¼ cup parsley, roughly chopped  
olive oil

## DIRECTIONS

---

### **Fish Stock**

1. Place all ingredients in a large pot over high heat.
2. Bring to a boil, skim impurities and reduce to a simmer for 20-30 minutes.
3. Remove from heat, strain stock into a large sauté pan.

### **Tarragon Sauce**

1. Mix flour and butter together into a smooth paste (buerre manier), set aside.
2. Place Fish Stock in a large sauté pan, bring to a boil, then reduce to a simmer for 5 minutes.
3. Whisk in buerre manier, ensuring there are no lumps.
4. Once liquid has reduced by 1/3, add cream and whisk.
5. Add tarragon, season with salt, remove from heat and set-aside until assembling Fisherman's Pie.

### **Potato Gratin**

1. Heat milk and butter together.
2. While potatoes are still hot, press potatoes through a ricer.
3. Add warmed milk and butter mixture to potatoes, fold to incorporate.
4. Add egg yolks, mix and season with salt and pepper.
5. Set aside for Fisherman's Pie recipe.

### **Vegetable Filling**

1. Heat butter in a sauté pan over medium heat.
2. Sauté leeks until tender and translucent, add carrots and cook until just tender.
3. Add Fish Stock and peas, season with salt and pepper.
4. Remove from heat and set aside.

### **Fisherman's Pie**

1. Preheat oven to 375F.
2. Place oven proof dishes on a tray.
3. Ladle equal amounts of 1/2 of Tarragon Sauce on the bottom of each dish.
4. Place catfish fillets in the centre of the dishes.
5. Divide shrimp equally among dishes, season with salt and pepper.
6. Divide Vegetable Filling over fish and shrimp, then ladle equal amounts of Tarragon Sauce over.
7. Top with equal amounts of Potato Gratin and spread evenly to cover the filling.
8. Bake for 15 minutes, then broil until potatoes are golden brown and remove from heat.

### **Asparagus Salad with Pickled Onions and Lemon Vinaigrette**

1. Place red onions, lemon zest and salt in a bowl, wait for 5 minutes.
2. Rinse onions and lemon zest, pat dry.
3. Add lemon juice, rinsed onions and lemon zest to a large bowl and toss.
4. Using a vegetable peeler, peel asparagus stalks into ribbons, roughly chop remaining centre pieces and add to bowl with onions.
5. Place remaining ingredients in the bowl, toss and serve immediately.