

Fisherman's Pie



Can be made gluten-free

A wonderful Lake Superior twist on a classic Shepard's Pie recipe!

Ingredients:

5 large potatoes

6 tablespoons butter

2 cups local milk

salt and black pepper to taste

2 filets of whitefish (or substitute

1 filet of smoked fish for

1 filet of whitefish)

2 hard-boiled local eggs

4 sprigs of parsley

¼ cup local whole wheat flour

¼ cup your favorite cheese, grated



1. Preheat the oven to 400°F.
2. Peel potatoes and put them into a large pot, cover with water, and bring to a boil. Reduce heat and simmer for 20 minutes.
3. When potatoes are tender, drain and put back into pot. Stir 2 tablespoons butter, 1 cup milk, salt, and pepper into potatoes, then mash. This will be your topping for the pie.
4. Cut fish and hard-boiled eggs into bite-sized pieces and place in a baking dish.
5. Melt 4 tablespoons of butter in a saucepan then add flour and 1 cup milk, stirring until it forms a white sauce.
6. Add parsley, salt, and pepper to white sauce and pour sauce over mixture in baking dish.
7. Spoon potatoes on top of fish mixture and sprinkle with cheese.
8. Bake pie until the potato topping is golden brown, about 30 min.