

Saucy Fish Pie

Makes enough for 1–2

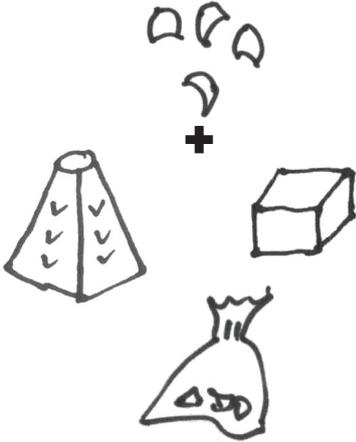
Equipment	Ingredients
Work mat	40g tortilla chips
Weighing scales	20g grated cheddar cheese
Strong plastic bag	100g soft cheese
Measuring jug	50ml milk
400ml cooking container	pinch ground black pepper
Mixing bowl	10g fresh chives
Whisk or fork	1 white fish fillet (eg coley, pollack, hake) about 100g
Sharp knife	
Baking tray	
Oven gloves	

1. Before cooking, wash your hands and put an apron on. Read all the instructions then weigh and measure the ingredients. Pre-heat the oven to 160°C fan/180°C/Gas 4.
2. First make the topping by putting the tortilla chips and the grated cheese into the plastic bag. Squash together in your hand to break the tortilla chips into smaller pieces. Put to one side.
3. Put the soft cheese into the mixing bowl and gradually add the milk whisking all the time to make a smooth mixture. Add the pepper.
4. Cut up the chives with the sharp knife using the claw grip to keep your fingers out of the way. Add to the bowl and mix well. This is the sauce.
5. Cut up the fish with the sharp knife using the claw grip to keep your fingers out of the way. Add to the bowl of sauce and stir gently until all the fish is covered.
6. Pour the fish mix into the cooking container and then cover with the crunchy tortilla topping to hide the fish.
7. Place the container on a baking tray and then ask a grown up to help you put it in the oven and cook for 18–20 minutes, until fish is cooked through and the top golden. Eat on the day you make it.

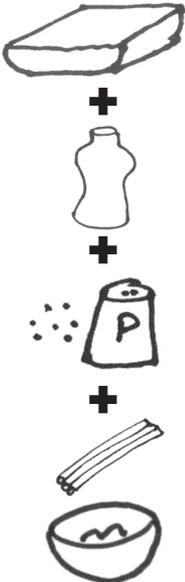


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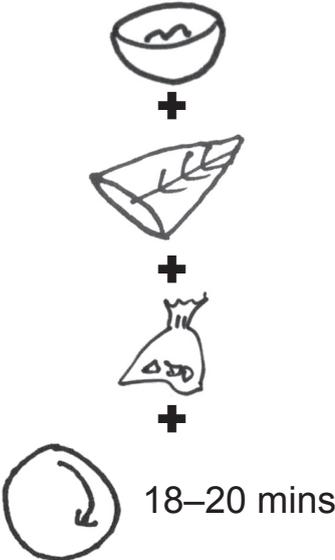
Tortilla chips
+
Grated cheese
= **Topping**



Soft cheese
+
Milk
+
Black pepper
+
Chives
= **Sauce**



Sauce
+
Fish fillet
+
Topping
+
Oven
= **Saucy fish pie**



Saucy Fish Pie

Teacher's Notes

Age range:	Lower KS2
Skills:	measuring liquids, weighing, claw hold, cutting
Key vocabulary:	gradually, collar
Serves:	1–2
Cooking method:	Oven or assemble ready to take home to cook*



- Provide large sharing bowls of tortilla chips with tablespoons to weigh or pre-portion.
- Provide large sharing bowls of grated cheese or offer weighed portions in individual bowls.
- Prepare large sharing jugs of milk.
- Pepper can be provided in small sharing bowls.
- Place the fish fillets on trays or large plates, cover and defrost/refrigerate until required.



- Start with the topping so that the raw fish is handled right at the end of the making process.
- Show how to turn the bag into a bowl shape by turning over the top of the bag to make a 'collar' so it is easier to add the cheese.



- Put the soft cheese into the mixing bowl and gradually add the milk, whisking all the time to make a smooth mixture. Add pepper.
- Prepare chives using the claw hold with the fingers tucked under the knuckles. Add to the bowl and mix well to make the sauce.



- Prepare the fish using the claw hold with the fingers tucked under the knuckles. Add to the sauce and stir gently until all the fish is covered.
- Assemble the dish whilst your hands are still sticky. Then instruct the children to wash their hands thoroughly (raw fish).
- Once cooked, use a temperature probe to check that the reading is a minimum of 63°C, or cut into the centre of your demonstration version to check the fish is cooked.



- Skill up**
Get the children to measure all the ingredients and grate the cheese themselves (Upper KS2).
- Skill down**
Have milk ready measured in jugs and use scissors for herbs and fish.

Adapting the recipe for dietary/religious considerations

The following substitutions can be made (see also Know Your Ingredients, pages 16–18):

Reason	Substitute	With
dairy allergy	milk and soft cheese	non-dairy versions available
	cheddar cheese	non-dairy hard cheese
gluten/wheat allergy	tortilla chips	wheat free tortilla chips (available from specialist shops and larger supermarkets)

Safety advice

As you are using raw fish, ensure that it is kept cool before use and take special care to wash hands and equipment thoroughly. If you are sending this dish home for cooking, prepare the topping and leave in the named bag. Refrigerate the uncooked pie. The cooked pie should also be refrigerated. **Eat on the day you make it.**

Getting more out of your food practical session

D&T – Identify ingredients in the Saucy Fish Pie that contain fat and offer suggestions as alternatives to reduce fat content of the recipe.

Geography – Fish in the oceans of the world. Name and locate the areas of ocean on the earth on a world map and find out about the types of fish that are caught there.

Computing – Create a web page/blog for the school website about why we should eat fish in a balanced diet.