

Fish ala King

Last Updated Friday, 08 February 2013 06:43



Ingredients:

Fish:

1 box hake fillet or 500g fresh fish

1 cup milk

2 onions

4 cloves

1 tsp salt

1 tsp black pepper

Mash:

4 meduim potatoes

4 cups boiled water

Salt to taste

¼ cup milk

2 tblsp butter

Macaroni:

1 cup boiled macaroni

White Sauce:

1 ¼ cup milk

2 tblsp mazienna (diluted in water)

Salt to taste

Pepper to taste

Cheese Sauce:

1 ¼ cup milk

2 tblsp mazienna (diluted in water)

Salt to taste

Pepper to taste

1 cup grated cheese

Method:

Fish: Steam fillets in a pot (skin down). Add milk, salt and pepper. Poke the cloves into the onions and add to fish. When fish is steamed, remove skin and put fish in a bowl and break it up into pieces.

Mash: Boil potatoes with salt. Mash with remaining ingredients.

White Sauce: When the milk starts to boil, add the mazienna, salt and pepper. Stir till it thickens. 1 ¼ cup milk. 2 tblsp mazienna (diluted in water)

Cheese Sauce: Follow the same recipe as the white sauce and add the cheese.

To Assemble:

Mix the cheese sauce in the shredded fish and layer at the bottom of a casserole. Mix the white sauce in the macaroni. Layer on the fish. Last spread the mash over and sprinkle grated cheese on top. Season with paprika or dried herbs. Bake until cheese melts.