



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **FISH FLORENTINE**

### **Ingredients:**

2 x 4oz / 100g White fish fillets  
1/2pt Milk  
2oz / 50g Butter  
1oz / 25g Flour  
1lb / 450g Potatoes  
4oz / 100g Spinach  
1 egg yolk  
Salt and Pepper to taste  
2oz / 50g Grated Cheese  
stock cube Fish

### **Method:**

1. Prepare potatoes and cook with a little salt.
2. Add fish fillets to a small pan with the milk and stock cube poach gently until just cooked approx 5 -10 min depending on the thickness of your fish.
3. Butter your serving dish.
4. Cook spinach in a little butter until reheated or cooked.
5. Place the spinach in the centre of your serving dish.
6. Once the fish is cooked place neatly on top of spinach making sure all excess moisture has been removed from fish.
7. Mix half the butter together with equal amounts of flour, and drop pea size pieces into the fish cooking liquid and whisk to thicken.
8. Once potatoes are cooked, strain, dry-out, and add the rest of the butter with half of the egg yolk, and mash well.
9. Add potatoes to a piping bag and pipe around, or at each end of the serving dish (what most suits your serving dish).
10. Add half the cheese and the other half of the egg yolk to your sauce and gently cover the fish and spinach with the cheese sauce.
11. Finally sprinkle the remaining cheese over the sauce and :  
either place in the refrigerator to chill until required then cook in oven at about 180c for approx 30 min.

OR if cooking immediately place under the grill or in a very hot oven 210c to glaze and colour the sauce and potatoes.