

Fish pie



Ingredients

	120g Salmon		1 large potato	
	Garden peas		Cheese	
	100ml milk			Cornflour
	Leek			

You will need



Saucepan &
Metal colander



Small saucepan



Chopping board



peeler



Tin foil



Oven tray



grater



Measuring jug



fork



Mixing bowl



Kitchen scales



Table spoon

Method



Tea spoon



Large chopping knife



Small chopping knife



Serving bowl

Method

	<p>Boil water in a saucepan while you prepare the potato</p>	
	<p>Peel the potato using a peeler</p>	
	<p>Cut the potato in half</p>	
	<p>Then into slices</p>	
		<p>Cut the potato now into finger length pieces</p>
		<p>Place the potatoes in the metal colander and place over the pan of boiling water</p>

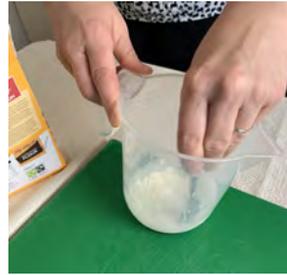
Method

	<p>Cover with tin foil and cook for around 20 minutes, until soft enough to squish between finger and thumb</p>
	<p>Reserve some pieces of potato for finger food and put to the side</p>
	<p>Pre heat oven at 180oC (fan)</p>
	<p>Place the salmon onto the oven tray on tin foil</p>
	<p>Wrap the salmon in the foil</p>
	<p>When oven has reached correct temperature place the oven tray in the oven cook for 15 minutes</p>

Method

	<p>Carefully remove from oven and unwrap the foil</p>
	<p>If Salmon has skin on, remove after cooking.</p>
	<p>Flake the salmon into finger size pieces checking for any bones as you do this</p> <p>Reserve some pieces to serve for finger food</p>
	<p>Grate the cheese using a grater</p>
	<p>Measure out 25g of cheese</p>
	<p>Place the milk into a small saucepan and bring to a simmer</p> <p>Reserve a little milk in the jug</p>

Method



Add 1½ tea spoon of cornflour into the remaining milk in the jug and mix

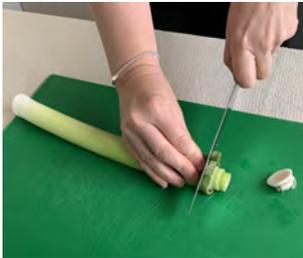


Add to the saucepan and cook for a further 2-3 minutes



Add the grated cheese and continue to cook until melted

Then take off heat and set aside



Cut the ends off the leek using a chopping knife



Cut the leek into 4 pieces



Take 1 of the pieces and cut in half

Method

		Wash the leek under the tap
		Cut both pieces of leek in half
		chop the leek into small pieces
		Place leek in colander over boiling water as you did with the potato
		Cover with tin foil and steam for around 10 minutes Leek should be able to squish between finger and thumb
		Take 2 heaped table spoons of garden peas and place in the colander These could be steamed with the leek at the same time for around 10 minutes

Method

	Again cover with tinfoil
	Place the mashed potato in a mixing bowl
	Add the leek to the bowl
	Add the garden peas to the bowl
 	Now add the flaked salmon
	Mix well

Method

	<p>Add in the cheese sauce</p>
	<p>Mix well and mash together to achieve the required texture for baby</p>
	<p>Serve to baby.</p>
	<p>May also be served with finger food of potato and salmon that was set aside</p>