

COD MORNAY

Succulent white fish in a smooth cheesy sauce, this makes an excellent main course and with Valentine's Day just around the corner...

Ingredients

4 tablespoons chopped mushrooms
2 tablespoons organic butter
salt and black pepper
juice of half a lemon
2 fillets cooked Cod or white fish of choice
2 medium potatoes plus butter and milk for mashing
2 tablespoons breadcrumbs
2 scallop shells

Sauce

1 1/2 tablespoons butter
1/2 tablespoon flour
1/4 pint milk
2 tablespoons grated Gruyere cheese or strong cheddar

Method

Cook and mash potatoes very smoothly.

Set aside.

Make a sauce by combining the flour and butter over a very low heat and then stirring in the milk a little at a time.

Bring carefully to the boil and cook for 10 minutes.

Remove from heat, season and stir in cheese.

Cook the mushrooms in butter until soft.
Season them and flavour with a little lemon juice.

Put the mashed potato into a forcing bag or just using a fork make a potato "rim" around the two scallop shells.

Make sure that the fish is totally free of bones and skin and flake it finely.

Divide the fish evenly between the two potato edged scallop shells.

Mix the mushrooms in with the Mornay sauce and pour over the fish in the shells.

Cook for 10 minutes at 200 degrees centigrade

Remove and sprinkle each shell with breadcrumbs and return to oven for another 10

minutes or until potato and breadcrumbs are golden brown and fish and sauce mixture bubbling hot.