

Fish Crumble

The following recipe works well with any White fish, or drained canned fish such as Tuna, Salmon or Mackerel.

It is also really nice with fresh Mackerel. If there is any excess moisture in the mixture, then add a few fresh breadcrumbs. Serves 4

Ingredients: -

450g/1lb - smoked cod fillet

30ml/2 tbsp - virgin olive oil

175g/6oz - leeks, sliced

2 - carrots, diced

350g/12oz - closed cup mushrooms, thickly sliced

45ml/3 tbsp - plain flour

250ml/8fl oz - semi-skimmed milk

125g/4oz - double Gloucester cheese, grated

25g/1oz - butter

25g/1oz - medium oat flakes

Method: -

Remove the skin from the smoked cod fillet and cut the fish into large cubes.

Heat the oil and cook the leeks and carrots for 2 minutes.

Add the mushrooms and cook for 2 minutes. Stir in the flour and cook for a minute.



Remove from the heat and stir in the milk gradually.

Return to the heat and bring to the boil, stirring.

Stir in three-quarters of the cheese and set aside.

Arrange the fish in a 1 litre/1¾ pint ovenproof dish, then cover with the sauce.

Rub the butter into the oat flakes, stir in the remaining cheese, then sprinkle over the fish and sauce.

Bake in a preheated oven, 190°C/375°F/gas mark 5, for about 30 minutes.