

InterWined.com's

Fish Pie (courtesy of The Laughing Gastronomer)

Recipe (makes 2 generous individual portions):

400g white fish fillets
2 bay leaves
6 white peppercorns
parsley stalks
1 cup of milk

4 medium potatoes, peeled and cut into pieces
a knob of butter

1 dessert spoon of butter
1 dessert spoon of flour
leaves from the parsley stalks, chopped

grated cheese

1. Preheat the oven to 180°C.
2. Rinse the fish and place in a pan with the bay leaves, peppercorns and parsley stalks and pour over the milk. Cook gently over a medium heat until the fish is just cooked and flakes easily. Strain and reserve the milk; divide the fish between two individual pie dishes and leave aside.
3. Cook the potatoes until tender, then mash with half the reserved milk in which the fish was poached, a knob of butter and season with salt and pepper.
4. Melt the dessert spoon of butter over a medium heat then stir in the flour. Stir for at least a minute then add the rest of the milk a little at a time to make a smooth white sauce. Season with salt and white pepper and stir in the parsley.
5. Pour the sauce over the fish in the pie dishes, then top with the mashed potato. To easily cover the fairly liquid pie filling, put the potato around the edge of the pie dish in small amounts first then fill in the middle – this will stop the potato weighing down the filling and pushing the sauce over the side. Sprinkle with the grated cheese and bake, on a tray to catch the overflow, for 20 minutes until the filling is bubbling and the top is golden.

Wine Pairing: The 2006 Domaine Lafran-Veyrolle Bandol Rosé, from La Cadiere D'Azur on the southern coast of Provence, £13 from Philglas & Swiggot, is almost apple-juice in colour with a light bouquet and, perhaps unsurprisingly, a flavour reminiscent of currant.

Due to the small size of Domaine Lafran-Veyrolle, this wine might prove difficult for readers to find outside of the UK or New Zealand, where it is available online from Caros wines. In which case, InterWined would recommend other Bandol Rosés. The key is look for a rosé low in tannin and alcohol. (Alternately, a Spanish Albariño or New Zealand Chardonnay would also make very good matches.)