



## Smoked Seafood Pie with Green Salad

Quantity		Ingredients	Unit Price	Unit	Cost for Recipe
300	g	Haddock - Smoked	€6.50	Kg	€1.95
200	g	Irish Mussels (no shells)	€4.00	Kg	€0.80
150	g	Sole - Fillets	€10.50	Kg	€1.58
2	head	sauté veg mix	€0.40	each	€0.80
1000	g	Irish Potatoes	€0.65	Kg	€0.65
50	g	Irish Butter	€4.00	Kg	€0.20
200	ml	Irish Cream	€1.78	Litre	€0.36
20	g	Fish Stock Bouillon	€13.70	Kg	€0.28
300	ml	water	€0.00	ml	€0.00
100	g	Salad - Mixed Salad Leaves	€0.02	G	€2.00
4	head	sauté veg mix	€0.40	each	€1.60

Cost of Recipe		€10.22
Wastage @	4%	€0.40
Total food cost		€10.62
Portion Yield		8
Cost per portion		€1.32

### Method

Steam the fish to just cooked, sweat the vegetables in a little butter, add the cream and stock. Then reduce. Add the flaked fish, place in the bottom of pie dish top with creamy mash, bake in the oven. Serve with green salad.

*Any prices supplied are for guidance only and should be changed to reflect those of the individual business.*