



Salmon and sweet potato pie

20'
Hands on

80'
Cook Time

8
Portion(s)

1
Difficulty



Ingredients

- 1 1/2 kilo sweet potatoes, medium
- 1 onion
- 700 g salmon, fillet, skinless
- 600 g milk
- 120 g butter
- 2 tablespoon(s) olive oil
- 1 fennel bulb
- 150 g shrimps, No2, shells removed
- 30 g brandy
- lemon zest, of 1 lemon
- 1/2 bunch parsley, finely chopped
- 50 g all-purpose flour
- 100 g cheddar, grated
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

543 Calories (kcal)	25.0 Total Fat (g)	7.6 Saturated Fat (g)	47.0 Total Carbs (g)
27%	36%	38%	18%
15.0 Sugars (g)	30.0 Protein (g)	5.6 Fibre (g)	0.8 Sodium (g)
17%	60%	22%	13%

Method

- Preheat the oven to 180° C (350* F) set to fan.
- Pierce the sweet potatoes with a fork. Place them in a baking pan and put the **baking pan** in the oven. Bake for approximately 40 minutes until the potatoes are soft. If the sweet potatoes are large, then they might require more time.
- Peel the onion and **cut** it into slices. Spread the slices over the bottom of a medium **pot**.
- Place the salmon fillet in a layer over the onion slices.
- Pour in the milk and add 25 g of the butter. Cover the pot with the lid and simmer for approximately 15 minutes.
- Remove from the heat and carefully remove the salmon. Remove the bones from the salmon using your hands and cut it into large pieces. Place the pieces in a large **bowl**.
- Strain the milk and add the onions to the bowl with the salmon. Set the milk aside.
- Heat a **pan** over medium heat and add the olive oil.
- Finely chop the fennel and sauté until slightly golden.
- Sauté the shrimps and mix until golden.
- Add the cognac and wait until it evaporates. Transfer to the bowl with the salmon.
- Add the lemon zest, parsley, and mix with a wooden **spoon**.
- In a pot over medium heat, add 50 g of butter and allow them to melt.
- Add the flour and whisk until a light roux forms.
- Add the milk in batches continuously whisking until you have a smooth béchamel.
- Add half of the cheese, add salt and pepper and pour the mixture into the bowl with the rest of the ingredients.
- Mix with a wooden spoon and add the mixture to a 20x30 cm ovenproof pan.
- When the sweet potatoes are ready, remove from oven and cut them in half lengthwise. Using a spoon, scoop out the flesh and add it to a bowl. Mash the flesh with a fork until you have a smooth mash with no lumps.
- Add 50 g butter and mix until it melts and is combined with the sweet potatoes.
- Spread the mixture in the ovenproof pan and score with the fork.
- Sprinkle with the rest of the cheese and bake for 30 minutes.
- Remove from the oven and **serve** straight away.