

## Fish Pie – Early Years

Here's a simple fish pie recipe that is easily adjusted to suit EYFS, KS1 and KS2 targets. The recipe is suitable for children working on their own to encourage skill development. Serves 2 under 5's or 1 aged 5-11 years.

<b>Equipment</b>	<b>CODE</b>
Work mat	TFD055L
Weighing scales*	See below
Small casserole 400ml (long foil)	
Dessert spoon (dsp)	TMEASP
Scissors	AR01268
Small measuring jug or cup	TE00951
Tablespoon (tbsp)	TMEASP
Oven glove	TFD012
Baking tray	TFD040
Temperature probe	IKS1TEMP

<b>Weighing and measuring</b>	<b>Jumble Topping EYFS</b>	<b>Ingredients for filling</b>
EYFS – use spoon measures or balance scales 298-TMEASP	1 thick slice of <b>BREAD</b>	½ tin (190g) ratatouille
	20ml (2 dsp) cooking oil	2 dsp (50g) tinned or fresh chopped tomatoes
	Black pepper	1 dsp (4g) washed and dried Fresh chives
	Plastic food bag	1 piece white fish (around 80g)
		Ground black pepper (optional)

- Before you start wash your hands and put an apron on. Get all the ingredients ready.
- Preheat the oven to 160°C /180°C (gas mark 4).
- Make the filling
  - Add the ratatouille and the chopped tomatoes to the cooking container
  - Put the washed chives into the cup and then chop up with the scissors, keeping fingers out of the way.
  - Add the chopped chives to the container
  - Chop up the fish into chunks and stir these in using the spoon. Add a pinch of ground black pepper (optional).
- EYFS Topping
  - Cut the thick slices of bread with scissors, table knife or pull apart into cubes or chunks **TIP-** you could mix them (white, brown or granary)
  - Put the bread into a plastic bag and add 2 dsp oil.
  - Hold the top of the bag in your hands and juggle the bread in the oil to coat all over.
  - Tip the cubes onto the top of the fish and spread out to cover the filling
  - Put in the oven on a baking sheet for 20-25 minutes till the fish is cooked\* and the top crunchy.

# Fish Pie – KS1

Here's a simple fish pie recipe that is easily adjusted to suit EYFS, KS1 and KS2 targets. The recipe is suitable for children working on their own to encourage skill development. Serves 2 under 5's or 1 aged 5-11 years.

<b>Equipment</b>	<b>CODE</b>
Work mat	TFD055L
Weighing scales*	See below
Small casserole 400ml (long foil)	
Dessert spoon (dsp)	TMEASP
Scissors	AR01268
Small measuring jug or cup	TE00951
Tablespoon (tbsp)	TMEASP
Oven glove	TFD012
Baking tray	TFD040
Temperature probe	IKS1TEMP

<b>Weighing and measuring</b>	<b>Crumble Topping KS1</b>	<b>Ingredients for filling</b>
KS1- use spoon measures or spring scales 298-TMEASP or 298-TE00716	50g <b>PLAIN FLOUR</b>	½ tin (190g) ratatouille
	30g salted <b>BUTTER</b> (room temp)	2 dsp (50g) tinned or fresh chopped tomatoes
	20g (1 heap tbsp) <b>OATS</b>	1 dsp (4g) washed and dried Fresh chives
	1 dsp sunflower seeds	1 piece white fish (around 80g)
	Black pepper	Ground black pepper (optional)
	Mixing bowl (KCBOWLSS18)	

1. Before you start wash your hands and put an apron on. Get all the ingredients ready.
2. Preheat the oven to 160°C /180°C (gas mark 4).
3. Make the filling
  - 3a) Add the ratatouille and the chopped tomatoes to the cooking container
  - 3b) Put the washed chives into the cup and then chop up with the scissors, keeping fingers out of the way.
  - 3c) Add the chopped chives to the container
  - 3d) Chop up the fish into chunks and stir these in using the spoon. Add a pinch of ground black pepper (optional).
4. KS1 Topping
  - 4a) Put the flour and butter together in a bowl and rub them together with finger tips (rubbing in) until all the lumps of butter have disappeared.
  - 4b) Stir in the oats, seeds and a pinch of ground black pepper.
  - 4c) Tip onto the top of the fish and put in the oven on a baking sheet for 20-25 minutes till the fish is cooked\* and the top crunchy.

## Fish Pie – KS2

Here's a simple fish pie recipe that is easily adjusted to suit EYFS, KS1 and KS2 targets. The recipe is suitable for children working on their own to encourage skill development. Serves 2 under 5's or 1 aged 5-11 years.

<u>Equipment</u>	<u>CODE</u>
Work mat	TFD055L
Weighing scales*	See below
Small casserole 400ml (long foil)	
Dessert spoon (dsp)	TMEASP
Scissors	AR01268
Small measuring jug or cup	TE00951
Tablespoon (tbsp)	TMEASP
Oven glove	TFD012
Baking tray	TFD040
Temperature probe	IKS1TEMP

<u>Weighing and measuring</u>	<u>Pastry Topping KS2</u>	<u>Ingredients for filling</u>
KS2 – use electronic scales or spoon measures <b>298-TE00742</b> or 298-TMEASP	80g <b>PLAIN FLOUR</b>	½ tin (190g) ratatouille
	40g salted <b>BUTTER</b> (room temp)	2 dsp (50g) tinned or fresh chopped tomatoes
	1 tbsp (15ml) cold water	1 dsp (4g) washed and dried Fresh chives
	Mixing bowl (KCBOWLSS18)	1 piece white fish (around 80g)
	Knife (298-TFRKN)	Ground black pepper (optional)
	Rolling pin (in <b>920-TE00956</b> )	
	Kitchen Shaker (in 298-TFRKN)	

- Before you start wash your hands and put an apron on. Get all the ingredients ready.
- Preheat the oven to 160°C /180°C (gas mark 4).

### 3. Make the filling

- Add the ratatouille and the chopped tomatoes to the cooking container
- Put the washed chives into the cup and then chop up with the scissors, keeping fingers out of the way.
- Add the chopped chives to the container
- Chop up the fish into chunks and stir these in using the spoon. Add a pinch of ground black pepper (optional).

### 4. KS2 Topping

- 4a) Put the flour and butter together in a bowl and rub them together with finger tips (rubbing in) until all the lumps of butter have disappeared.
- 4b) Add the cold water and mix together then using your hand, make the pastry come together into a ball.
- 4c) Lightly flour the surface and roll out until the pastry is bigger than the cooking container all around and about 3mm thick (thickness of a £1 coin).
- 4d) Trim to fit with the knife and lay over the fish filling. TIP You can add an extra border of pastry around the outside and decorate the top with the remaining pastry.
- 4e) Make holes in the top to let out the steam then put on a baking sheet. Cook in the oven for 20-25 minutes until the fish is cooked\* and the top golden.

#### **For all recipes**

\*use a temperature probe to ensure that the fish is cooked – you need excess of 63°C.

The 80g portion of fish is equivalent to 2 under five's portions or 1 portion for age 5-11yrs.

**Allergens;** Highlighted ingredients can all be replaced with gluten free/dairy free alternatives

**Storage Tip;** cover loosely with a clean tea towel and allow to cool but must be refrigerated within 90 minutes

**Transport Tip;** Seal in a named food storage bag, eat within 24 hours

**Recipe produced by Kate Morris and Sally Brown** <http://www.sallybrownkatemorris.co.uk/> Recipe copyright sallybrownkatemorris©