Lemon Meringue Pie, Smoked Haddock Fish Cakes with Dill Mayo, Parsley Sauce

Lemon Meringue

Ingredients
(Sweet Pastry)
- 125 gm Butter
- 30 gm icing sugar
- 250 gm Plain flour
- 1 egg yolk
- 2 tbsp. cold water
- Cling film
- Loose bottomed lined 10 inch flan tin
- Baking beans

(Filling)
- Grated zest and juice of 4 large lemons
- 90 gm cornflour
- 600 ml (1 pint) water
- 4 egg yolks
- 175 gm caster sugar

(Meringue)
- 5 egg whites
- 250 gm caster sugar

Method
1. Rub the butter into the flour to make fine crumbs. Mix in the icing sugar. Alternatively do this in a food processor.
2. Beat the egg yolk and mix into the crumb mixture (or use the food processor) with enough water to form a soft pliable dough.
3. Wrap in cling film and leave to rest in the fridge for about 15 to 20 minutes.
4. Pre-heat oven to 190°C (gas mark 6). Place the baking sheet in the oven.
5. Roll out the pastry to fit the flan tin. Prick the pastry with a fork and then line the pastry with grease proof paper and baking beans and bake blind for 10 minutes. This prevents the pastry from rising too much. Remove the paper and beans, cook for a further 5 minutes. Take out from the oven. Reduce the oven to 150°C (gas mark 2).
6. Mix the lemon zest and juice with the cornflour. Bring the water to the boil, then stir into the lemon mixture. Return to the pan and bring back to the boil stirring until the mixture thickens. Remove from the heat.
7. Leave to cool slightly then stir in the egg yolks and sugar. Return to a low heat, stirring all the time until just simmering. Pour into the pastry shell.
8. Whisk the egg white until stiff but not dry. Whisk in the sugar – one tea spoon at a time. Pile on top of the filling and spread out evenly. Bake for 45 minutes or until crisp and brown. Serve warm or cold.

Smoked Haddock Fish Fishcakes

Ingredients
- 700g Maris Piper, King Edward or other floury potatoes
- 300ml milk
- 1 or 2 bay leaves
- 400g undyed smoked haddock fillets (skin on)
- 25g chives finely chopped
- 20g dill finely chopped
- 25g butter, melted
Method

1. Put the whole potatoes with their skin in a large pan covered by cold water. Bring to the boil for 20 minutes or until cooked through. Drain and leave to cool for at least 2 hours.

2. Place the milk and bay leaf in a large frying pan and bring to the boil. Add the haddock skin side down. Reduce the heat and simmer for 3 minutes. Flip the fillets over, turn off the heat and allow them to carry on cooking in the residual heat. Cover the pan with a lid.

3. Peel the potatoes and grate them into a large bowl. Discard the skin. Add the chopped herbs, melted butter, beaten egg, salt and pepper and mix well. Lift the fish from the milk, (save the milk for the parsley sauce), remove the skin, flake the fish into chunks and to the potato. Mix well. Put cling film over the baking tray. Make the mixture into 12 cakes with your hands, place the fish cakes on the baking sheet, cover with cling film again and place in the fridge for at least an hour.

4. Set the oven to 160˚C (gas mark 3) for keeping the first batch of fish cakes warm. Heat two table spoons of oil in a large non-stick frying pan. Fry fish cakes in batches for 4 to 5 minutes each side until lightly golden. Transfer to a baking sheet and keep warm in the oven whilst cooking remaining fish cakes, adding more oil if necessary.

Parsley Sauce

Ingredients

- 300 ml milk (saved from the fish)
- 25 gm margarine or butter
- 25 gm plain flour
- Chopped parsley
- Black pepper

Method

1. Put the margarine in a pan and melt on a medium heat. Add the plain flour and cook for one minute.
2. Gradually stir in the milk a little at a time, keeping the mixture as smooth as possible until all the milk is used up.
3. Stir in the parsley, season with black pepper to taste.

Dill Mayo

Ingredients

- 200 ml mayonnaise
- 1 tbsp. freshly chopped dill
- ½ tsp freshly grated lemon zest
- 1 tbsp. fresh lemon juice

Method

1. Mix all the ingredients together and season to taste

(You can serve the fish cakes with a poached egg on top, the dill mayo and some watercress dressed with olive oil and lemon juice or the parsley sauce)