

Smoked Haddock Florentine

Ingredients

- A Generous Knob Of Butter
- 450g Button Mushrooms Thickly Sliced
- 700g Fresh Young Spinach
- Salt & Freshly Ground Black Pepper
- Freshly Grated Nutmeg
- 6 Hard-Boiled Eggs, Shelled & Sliced
- 1.1 Kg Undyed Smoked Haddock Fillet, Skinned & Coated In About 40g Seasoned Cornflour
- 40g Fresh Breadcrumbs
- 75g Parmesan, Freshly Grated



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Ingredients

BÉCHAMEL SAUCE

- 1.2 Litres Milk
- 1 Onion, Halved
- 1 Bay Leaf
- A Few Parsley Stalks
- 100g Butter
- 100g Plain Flour
- 100g Mature Cheddar, Grated
- 2 Tsp Dijon Mustard



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Method

- Preheat the oven to 220°C/Fan 200°C/Gas 7.
- Measure the milk for the sauce into a saucepan, and add the onion halves, bay leaf and parsley stalks. Bring to just under boiling point, cover and simmer over a low heat for about
- 30 minutes to flavour the milk. Season with salt and pepper.
- Melt the butter for the sauce in a roomy pan, then pull the pan aside from the heat and stir in the flour. Gradually add the strained infused hot milk, return the pan to the heat and slowly bring to the boil, stirring continuously until thickened. Cover the pan with a lid to prevent a skin forming.
- Melt the knob of butter in a large, deep frying pan and fry the mushrooms briskly for a minute or so. Add the spinach to the mushrooms and cook gently until it has just wilted. Drain the spinach and mushrooms and season well with salt, pepper and nutmeg.
- Mix 6 tablespoons of the béchamel sauce with the spinach and mushrooms and spread on the base of a shallow, buttered ovenproof dish, about 38 x 30cm (15 x 12 in). Cover the spinach and mushrooms with sliced hard-boiled eggs.

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Method

- Cut the haddock into manageable-sized pieces to give two small pieces per person. Sit these pieces on top of the eggs.
- Add the grated Cheddar and Dijon mustard to the remaining sauce and pour over the raw fish. Sprinkle the top with mixed breadcrumbs and Parmesan.
- Bake in the preheated oven for about 35 minutes until the haddock is cooked and the topping is golden brown.

