

Scottish Haddie Pot Pie

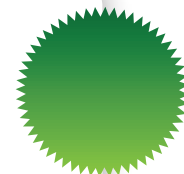


Chef Paul Gallant

Sackville Hill Seniors Recreation Centre

Phone: 905-546-2424 Ext. 1452

Visit: www.hamilton.ca/parks-recreation/55-programming/sackville-hill-seniors-recreation-centre



Serves 8

Scottish Haddie Pot Pie

½ cup	hulled barley	1 pinch	white pepper
1.5 lbs	haddock fillets, boneless and skinless cut in 24 pieces	1	red pepper, diced in ½ inch pieces
		½	red onion, diced in ½ inch pieces
2 medium	carrots, diced in half inch cubes	½ lb	fresh mushrooms, sliced
½ lb	cabbage, cut in short strips	4 oz	spinach, blanched and chopped
1 tbsp	fresh fennel, chopped	1 tbsp	non-hydrogenated margarine
2 tbsp	McCormick Savory Spice Blend OR	1 lb	yellow potatoes, cooked and mashed
3 pinches	dried oregano	8 oz	low fat cheddar cheese, shredded
1 pinch	ground cinnamon	½ oz	Parmesan cheese, grated
1 pinch	garlic powder	8	5 in. foil pie plates
2 pinches	smoked paprika		



Hamilton



Scottish Haddie Pot Pie



Filo Pastry - The Kilt

3 tbsp non-hydrogenated margarine
1 tbsp fresh parsley, diced
1 tbsp red pepper, minced
8 sheets filo pastry (12 in x 12 in)

Garnish

Fresh raspberries
Fresh gooseberries
16 plastic sword food picks

Barley Sauce

1. Make the barley sauce by soaking the barley overnight in 2 L of cold water. Drain and rinse barley. Simmer in 1.5 L of cold water until cooked (approximately 1 hr) and set aside.

Haddie Pot Pie Filling

2. In a shallow pan, poach carrots, cabbage, fresh fennel and spices in the Barley Sauce until tender. Add haddock and poach for a few minutes until fish has a firm texture. Set aside.
3. In a medium sized skillet, over medium heat add the margarine and gently heat the pepper, onion, and mushroom, stirring frequently allowing any moisture to evaporate and add the spinach.
4. Using the individual foil pie plates, equally divide the mashed potatoes into the pie plates. Then add fish, vegetables, and barley sauce. Mix the parmesan and grated cheddar and top each pie.

Filo Pastry – The Kilt

5. Blend margarine with parsley and sweet pepper.
6. Using a pastry brush, lightly coat each sheet of filo pastry with the margarine blend. Make 2 stacks of 4 sheets of filo pastry. Cut each stack into large circles creating 8 large circles, enough to cover each of the 8 pot pies.
7. Cover each pie with a single layer circle of filo pastry.
8. Bake in the oven at 350° F for approximately 20 minutes or until pastry is golden brown and crispy.
9. Garnish each pie with 2 plastic sword food picks of alternating skewered raspberries and gooseberries.

Homemade Baked Beans and Grilled Pineapple



Serves 8

Homemade Baked Beans and Grilled Pineapple

2 cups	dried white navy beans	2 tbsp	apple vinegar
4 large	tomatoes, concasse (peeled, seeded, chopped)	1 tsp	garlic powder
2 1/2 tbsp	low sodium soy sauce	1 tsp	chili powder
2 cups	low sodium vegetable broth	1 cup	fresh pineapple, grilled
1/4 cup	honey		

Soak white navy beans overnight in 2 L of cold water. Drain and rinse beans. Mix all ingredients. Cover and cook in a crock pot on high for 6 hours or until beans are soft. Add pineapple. Serve immediately or refrigerate up to 2 days. Reheat with a little water.