

There's nowhere in Scotland more than 50 miles from the sea and even inland there are many rivers, so fresh fish has been an important element of the Scottish diet and recipes incorporating fish abound. Here's a simple recipe which combines fish with that other Scottish staple ingredient - potato. The quantities below are sufficient for four people.

Ingredients:

One to One-and-a-half (450-575g) **cooked** fish. It can be either smoked fish (such as haddock) or most white fish. White fish and shelled fish such as prawns make good companions too.

Three quarters of a pint/15 fluid ounces (450 ml or two cups (scant) or one US pint which is different from a UK pint!) of white sauce.

One pound (450g or about four cups) mashed/creamed potato

Two medium onions, finely chopped

Salt and pepper to taste

Grated cheese

Butter

Method:

Sauté the onions until soft. Flake the fish and mix with the onions and white sauce.

Season with salt and pepper to taste and place in an oven-proof dish. Cover with the mashed potato, dot with butter and sprinkle with cheese (quantity depends on personal preference).

Bake in a pre-heated oven at 400F (200C or Gas Mark 7) until brown. Serve with green vegetables.

Have a Great New Year; See you all at the Burn's dinner.

John Long