



A LONG ESTABLISHED FAMILY FIRM

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THE WORLD'S FINEST RANGE COOKERS

Fish (Salmon, Cod and Prawn) and Broccoli Bake by David Pengelly

Ingredients

225g (8 oz.) Broccoli, lightly cooked
300ml Crème fraiche
1 Tbsp. Cornflour
50g (2 oz.) Grated parmesan
1 Tsp. Dijon mustard
280g (10 oz.) Salmon, cut into 2.5cm (1") cubes
280g (10 oz.) Cod fillet-cut into 2.5cm (1") cubes
75g (3 oz.) Shelled prawns
50g (2 oz.) Fresh breadcrumbs

Method

- Mix the corn flour with 3 tablespoons of the crème-fraiche, then stir in the rest (of the crème-fraiche) with the mustard and half the cheese, fold in the broccoli, fish and prawns and season well.
- Spoon into a baking dish. Sprinkle with the breadcrumbs and remaining cheese and bake

Everhot: bake on the shelf set to its lowest position in the top oven at 200°C for approximately 25-30 minutes until golden and bubbling and the fish is cooked (finish browning with the grill if you like).

AGA: roasting oven with the grid shelf on the floor of the oven for approximately 25-30 minutes until golden and bubbling and the fish is cooked.