

Seafood Lasagne



Recipe By FoodieBook

Ref: 217

Heading: Pasta

Cuisine: Italian

Food Type: Seafood

No of Portions: 6

Ingredients & Prep

500 g Haddock or cod fillet, skinned & de-boned

500 ml Milk

300 g Lasagne pasta sheets

200 g Carrots, thinly sliced

75 g Baby spinach

1 Bay leaf

1/2 Fish stock cube or gel pot

Sauce

150 g Cheese, Gruyere or cheddar pecorino grated

50 g Butter

50 g Plain flour

100 ml Double cream

1 tbsp Fresh thyme roughly chopped

400 ml Whole milk

1/2 Fish stock cube or gel pot

Topping

100 g Cheese, Gruyere Parmesan or Pecorino grated

50 g Breadcrumbs

30 g Butter salted melted

sprinkle Fresh Black pepper ground

Suggestion & Tips

You can add shellfish of choice like mussels etc or use salmon or any seafood mixture of your choice.

Method

Step 1 - Place the fish to a pan with the milk, thyme & bay leaf. Bring up to a gentle simmer & continue to cook for 2 minutes, take off the heat & set aside for 5 min, remove fish & keep milk for the sauce.

Step 2 - Make the sauce, in a pan, heat butter to melt, add flour & stir for 2 mins, add milk through a sieve & Whisk to smooth, add fish stock, cream & grated cheese, Whisk smooth & bring to a gentle boil then turn off heat.

Step 3 - Pre heat oven to 180°C, take a baking dish, pour a little of the sauce & spread over the bottom, add a layer of pasta sheets then spinach leaves, pour over more of the sauce to form the next layer, flake 1/3rd of the fish over, more spinach leaves, add another layer of pasta sheets, add more sauce & flaked fish to make 3 layers in total, the last top layer should be sauce.

Step 4 - Sprinkle grated cheese on the top, mix melted butter with breadcrumbs in a bowl & sprinkle over the top of the cheese & bake for 25 to 30 mins. Serve nice & hot.