

FISH AND BROCCOLI ROLY POLY

Gas mark 6/200°C/400°F

Ingredients

Pastry

- 8oz (225g) self raising flour
- 4oz (110g) light Atora shredded suet
- pinch salt

Filling

- 8oz (225g) broccoli
- 8oz (225g) haddock or cod

Cheese Sauce

- 4oz (110g) mature Cheddar cheese shredded
- ½ pint (300ml) milk
- 1oz (25g) plain flour
- 1oz (25g) margarine
- pinch of salt
- pinch of pepper



Method

Cooking the fish

1. Place fish and milk in pan and simmer until the fish is almost cooked
2. Remove the fish and leave milk to cool
3. When fish is cool, flake and remove any bones
4. Cut broccoli into fairly thin slices
5. Boil but take care not to let it over boil
6. Take out of water and let it cool

Pastry

7. Mix flour, pinch of salt and suet in a bowl.
8. Add sufficient water to make a pliable dough.
9. Put dough on floured board and knead lightly for about 2 min.
10. Let dough rest while you make the sauce.

Sauce

11. Make sure the milk is cold
12. Place flour and margarine in milk on high heat.
13. Whisk slowly, the sauce needs to be quite thick so when butter has melted reduce to low heat and continue to stir.
14. When the sauce has thickened add the cheese
15. Stir till the cheese has dissolved

To complete the dish

16. Roll out the pastry on floured surface to a 10 by 8 inch rectangle.
17. Spread cheese sauce over pastry leaving 1 inch free of sauce at the outer edges
18. Place flaked fish over sauce and then the broccoli bits
19. Wet the edges of the pastry and roll up
20. Press the edges to seal
21. Place roll on a tray with the join underneath
22. Bake for about 30 to 35 min. at gas mark 6

Tips:

- Any left over cheese sauce can be used as a pouring sauce just add more milk and serve with the roly-poly.
- Any left over broccoli can be re heated with mashed potatoes
- You can use smoked haddock as an alternative
- Hot mustard can be added to the sauce and chillies in the vegetables
- You can also add bacon bits or sausage to the vegetables.