



Sue's fish pie



Can you find these 3 words in Sue's recipe?

cod milk bay

Recipe

450g cod or haddock fillets

225g smoked cod fillets

300ml milk

Half a lemon, sliced

1 bay leaf

1 fresh thyme sprig

4-5 black peppercorns

50g plain (all-purpose) flour

30ml chopped fresh parsley

5ml anchovy sauce

125g shiitake or chestnut mushrooms, sliced

Pinch of black pepper and cayenne pepper

(Recipe from 'The Ultimate Diabetic Cookbook' by Bridget Jones)