

LING POTATO TOPPED PIE GF DF Low
Gluten Free, Dairy Free, Low Salicylate, Low Amine
Serves 2

Ingredients:

400g Ling fish (or other skinless white fish), 2 cm pieces
1 large peeled potato, whole
1 leek, thinly slice
½ a medium choko (1 cm pieces)
1 ½ Tbsp plain gluten free flour
1 cup homemade vegetable stock
¼ cup rice milk
1 Tbsp water with ½ tsp citric acid
¼ cup chopped parsley
Iodized salt to season
Rice bran oil for frying and brushing potato tops (or suitable oil)



Accompany with stir fried purple cabbage and green beans

Method:

Preheat oven to 200° Celsius.

Lightly grease 2 x 1 ½ cup capacity ramekins or soup mugs

Preparing the potato

- Steam the peeled whole potato for 10 minutes
- Cool in the fridge for 5 minutes and then finely grate

Preparing the filling

- Add oil to a fry pan and sauté the leek and choko for 10 minutes, stir.
- Stir the GF flour into the mixture and cook for 1 minute
- Remove from the stove and slowly add the combined stock and rice milk, whisking gently until the liquid has combined smoothly
- Return to the heat and stir until the mixture boils and thickens. Simmer for 3 minutes
- Add the diced ling, water & citric acid and parsley, stir and simmer for 2 minutes
- Divide the mixture in the 2 cups and top each with half of the grated potato
- Brush oil on top of the potato and place in the oven for 30 minutes. Fan force the final 15 minutes of the bake

To serve:

- Stir fry some purple cabbage and green beans together in a little oil and serve on the side with the fish cup meal

Stock recipe: <https://glutenfreenutrition.com.au/vegetable-stock/>