



Stag & Thistle Pub

# THE STAG & THISTLE'S

## Highland's

### VERSION OF *Cornish Fish Pie*

WITH GOAT'S MILK FROM LUCY & ETHEL



"THE GOLDEN, BUTTERED CRUST OF THE PIE CRACKLED UNDER HIS KNIFE AS HE PORTIONED OUT GENEROUS SERVINGS. BENEATH THE SURFACE, THE CREAMY MASH MELDED INTO THE FRAGRANT LING A DELICATE BALANCE OF RAKY WHITE SH, SMOKED HADDOCK, AND TENDER SHRIMP, ALL SWIMMING IN A SILKEN BECHAMEL LACED WITH HERBS AND THE RICH MILK OF EMMA'S ALPINE GOATS."

# A HIGHLAND TAKE ON A CORNISH CLASSIC

At The Stag & Thistle, we honor tradition with a Highland twist: this rich fish pie blends the best of British coastal fare with farmstead comfort. Using smoked haddock, prawns, and the creamy milk of Lucy and Ethel, two beloved Alpine goats from Emma's farm, this pie is finished with a golden mash that crackles like a hearth fire.

**SERVES: 6**

**PREP TIME: 30 MINS COOK TIME: 40 MINS TOTAL: 1 HR. 10 MINS**

## INGREDIENTS

### FOR THE FILLING:

- 250g skinless white fish (e.g. cod or Atlantic pollock), cut into chunks
- 250g smoked haddock (undyed if possible), skinned and chunked
- 200g prawns or shrimp, peeled and deveined
- 600ml fresh goat's milk from Lucy & Ethel
- 1 small onion (scallion or green onion), halved
- 1 bay leaf
- 50g goat's butter (or traditional unsalted butter)
- 50g plain flour
- 1 tbsp chopped flat-leaf parsley
- 1 tbsp chopped fresh dill or chives
- Zest of ½ a lemon
- Sea salt and freshly ground black pepper

### FOR THE CREAMY MASH TOPPING:

- 900g russet potatoes, peeled and chopped
- 75g goat's butter
- 75ml warm goat's milk (from Lucy & Ethel)
- 1 egg yolk (optional)
- Salt, to taste

### FOR THE GOLDEN CRUST:

- 30g melted goat's butter, for brushing



## METHOD

### STEP 1: POACH THE FISH

1. In a deep pan, combine white fish, smoked haddock, halved onion, bay leaf, and the goat's milk from Lucy & Ethel.
2. Gently bring to a simmer (don't boil), poaching the fish until just flaking —about 5–6 minutes.
3. Remove fish with a slotted spoon and set aside. Strain and reserve the infused milk.

### STEP 2: MAKE THE GOAT'S MILK BÉCHAMEL

1. In a fresh pan, melt the goat's butter over medium heat. Stir in flour and cook 1–2 minutes.
2. Gradually add the reserved milk, whisking until thick and smooth.
3. Add chopped herbs, lemon zest, and seasoning to taste.
4. Gently fold in the flaked fish and raw prawns. Stir through just to coat.
5. Spoon into a deep ceramic pie dish and let cool slightly.

### STEP 3: MAKE THE MASH

1. Boil potatoes in salted water until tender. Drain and mash with butter and warm goat's milk.
2. Add egg yolk if using and beat until creamy.
3. Season well with salt.

### STEP 4: ASSEMBLE AND BAKE

1. Preheat oven to 200°C (180°C fan) / 400°F.
2. Spread the mash over the fish filling and rough the surface with a fork.
3. Brush generously with melted goat's butter for a burnished crust.
4. Bake for 30–35 minutes, until golden and bubbling.

## SUGGESTED PAIRING

- A MALTY AMBER ALE OR A CRISP WOODCHUCK HARD CIDER
- CRUSTY BROWN BREAD AND PICKLED BEETROOT OR BUTTERED GREENS

## GOAT'S MILK SUBSTITUTES:

### 1. WHOLE COW'S MILK

- Closest in richness and texture.
- Use **1:1** in the recipe.
- Add a *tiny splash of lemon juice* (½ tsp per cup) if you want to mimic the subtle tang of goat's milk.

### 2. HALF-AND-HALF OR SINGLE CREAM (LIGHT CREAM)

- For a more indulgent version.
- Use 50% cream and 50% milk to avoid overly thick sauce.

### 3. UNSWEETENED OAT MILK (DAIRY-FREE OPTION)

- Creamy and mild, it's one of the best plant-based substitutes.
- Use **1:1**, but make sure it's unflavored and unsweetened.

## GOAT'S BUTTER SUBSTITUTES:

### 1. UNSALTED COW'S MILK BUTTER

- Ideal 1:1 swap. No adjustment needed.

### 2. PLANT-BASED BUTTER (DAIRY-FREE OPTION)

- Choose a high-fat, unsweetened brand like Miyoko's or Flora Plant Butter.
- Use **1:1**, but note that flavor may be slightly different.

## EXAMPLE ADJUSTED RECIPE NOTES

### IF REPLACING:

- **600ml goat's milk** → use 600ml whole cow's milk (or 400ml oat milk + 200ml light cream for dairy-free).
- **75g goat's butter** → use 75g unsalted cow's butter or vegan block butter.



Here's a **fully dairy-free** version of **The Stag & Thistle's Highland Fish Pie**, keeping the heart of the dish intact—creamy béchamel, tender fish, and golden mash—while making it suitable for those avoiding all dairy.

## THE STAG & THISTLE'S HIGHLAND FISH PIE

### DAIRY-FREE VERSION

*With oat milk béchamel & plant-based butter*

### INGREDIENTS (SERVES 6)

#### FOR THE FILLING:

- 250g skinless white fish (e.g. cod, Atlantic pollock), cut into chunks
- 250g smoked haddock, skinned and chunked
- 200g peeled prawns or shrimp
- 600ml **unsweetened oat milk** (or soy milk for a thicker sauce)
- 1 bay leaf
- 1 small onion, halved
- 50g **plant-based butter** (like Flora Plant or Miyoko's)
- 50g plain flour (or gluten-free plain flour, if needed)
- 1 tbsp chopped parsley
- 1 tbsp chopped dill or chives
- Zest of ½ lemon
- Salt & black pepper

#### FOR THE MASH TOPPING:

- 900g russet potatoes, peeled & chopped
- 75g plant-based butter
- 75ml warm **unsweetened oat milk**
- 1 tbsp olive oil (optional, for extra richness)
- Salt, to taste

#### FOR THE GOLDEN FINISH:

- 2 tbsp melted plant-based butter for brushing

# INSTRUCTIONS

## 1. POACH THE FISH

- In a saucepan, combine white fish, smoked haddock, onion, bay leaf, and oat milk.
- Gently poach over low heat for 5–6 minutes until the fish flakes easily.
- Remove fish with a slotted spoon and set aside. Strain and reserve the infused milk.

## 2. MAKE THE DAIRY-FREE BÉCHAMEL

- In a clean pan, melt the plant-based butter. Stir in flour and cook for 1–2 minutes.
- Gradually whisk in reserved oat milk to form a smooth, thick sauce.
- Add lemon zest, herbs, salt, and pepper.
- Fold in flaked fish and raw prawns gently, then spoon mixture into a baking dish.

## 3. PREPARE THE MASH

- Boil potatoes in salted water until fork-tender. Drain and mash well.
- Add plant-based butter and warm oat milk (plus a drizzle of olive oil, if using).
- Mash until smooth and creamy. Season to taste.

## 4. ASSEMBLE AND BAKE

- Spread mash over the fish mixture and rough up with a fork.
- Brush top with melted plant-based butter.
- Bake at 200°C (180°C fan) / 400°F for 30–35 minutes, until golden and bubbling.

## SERVING SUGGESTIONS

- Minted peas, sautéed kale, or roasted carrots
- A crisp side salad with mustard vinaigrette
- Pair with: a dry cider or chilled elderflower pressé

## GOAT-FREE, BUT FULL OF HEART

**“WHILE LUCY & ETHEL ARE ENJOYING A WELL-EARNED REST IN THE PASTURE, THIS DAIRY-FREE VERSION BRINGS THE SAME HIGHLAND WARMTH—CREAMY, CRACKLY, AND COMFORTING.”**



## *A Highland Note*

"The richness of this dish comes from Lucy and Ethel, Emma's Alpine goats, whose creamy milk brings unmatched depth and silkiness. It's fish pie the way we believe it ought to be: honest, homemade, and steeped in local flavor."

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