

An example of one of “Special” dishes served in Otford Tea Rooms

~ Smoked Haddock & Spinach Lasagne ~

Ingredients, serves 4

1lb (450g) smoked haddock, skinned
1 pt (570ml) milk
3 level tbsp flour
1 ½ oz (40g) butter
4oz (125g) Cheddar cheese, grated
8-10 oz (225-275g) spinach, cooked and drained
6oz (175g) lasagne

Method

- ~ Poach the haddock in the milk for 5 minutes. Drain, reserving the liquid, then remove any bones and flake the fish
- ~ Place the flour, butter and reserved milk into a pan. Heat, stirring continuously until the sauce comes to the boil and is smooth. Cook gently for several minutes
- ~ Remove the pan from the heat, add $\frac{3}{4}$ of the cheese and stir until it has melted. Add pepper to taste
- ~ In a deep ovenproof dish, layer $\frac{1}{2}$ the spinach, lasagne, smoked haddock and cheese sauce, followed by further layers of the same, finishing with the sauce
- ~ Sprinkle with the remaining cheese and bake for 20-30 minutes at 200c / 400f
Gas mark 6