

THE RECIPE

Saint Francis' Shrimp and Pike Pie

CULTURE

22_09_2020



ST FRANCIS' SHRIMP AND PIKE PIE

(Recipe adapted to contemporary taste)*.

Ingredients for 6 people:

500g pike fillets

200g shelled shrimp tails
2 diced onions
2 cloves of garlic minced
½ glass of dry white wine
½ glass of cream
6 whole eggs
1 tablespoon dried chives
1 tablespoon dry tarragon
2 tablespoons of olive oil
Salt and black pepper

Cook the onion and garlic in hot olive oil for 3 minutes. When the onion is transparent, add the wine and cook for another 3 minutes. Add the pike fillets cut into small pieces. Cook for another 2-3 minutes. Remove from the heat, season with salt and leave to cool.

In the meantime beat the eggs, add the cream and herbs, salt and pepper. Crumble the pike with a fork and add it to the egg mix. Add the whole raw shrimp tails. Mix all the ingredients thoroughly.

Line a rectangular pie dish with baking paper, pour the mixture into it and bake for 35-40 minutes in a preheated oven at 200°C.

Leave to cool and serve the lukewarm or cold pie cut into slices and accompanied by a small mixed green leaf salad.

**** The original recipe included walnuts and breadcrumbs, but I find the taste does not appeal to today's palates. (LM)***