



## Fish

Using cooking spray, lightly spray **Shape It Mould #1**, or line a container with cling film or baking paper.

**Unfortified**  
Yield: 625g

**Fortified**  
Yield: 725kg

**Prep Time:**  
1 hour

### Ingredients

#### Unfortified

200mL full cream milk (or enough to almost cover the fish)

¼ tsp salt

650g boneless fish fillets

7½ x Scoop A **Shape It**

— or —

#### Fortified

200mL full cream milk (or enough to almost cover the fish)

¼ tsp salt

650g boneless fish fillets

8 x Scoop A **Shape It**

2½ x Scoop (200g) **AdVital**

### Method

1. Place the fish into a wide-bottomed pan in an even layer. Pour in the milk and season.
2. Cover lightly with baking paper and place over a low heat. Bring to a gentle simmer for 5-8 minutes or until cooked.
3. Remove fish from the milk and chop into pieces and place into food processor.
4. Whisk 150mL (100mL if fortifying) of poaching liquid and **Shape It** into a saucepan, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
5. Pour mixture over fish, if fortifying add **AdVital**, and puree until smooth. Scrape down sides as required and blend thoroughly. Season to taste with salt and pepper.
6. Pour into the prepared mould or container, cover with cling film or mould lid and refrigerate until set.
7. Remove from mould, leave whole or cut into bite-size pieces, and heat before serving (refer to reheating guide on page 13).

### Hints & Tips

Full cream milk can be used as the liquid for pureeing, or as the base of a delicious, creamy sauce.

Substitute milk with fish stock, coconut milk or a white wine sauce.

For added flavour use a bay leaf (remove before pureeing), lemon juice, garlic, herbs and spices or dry white wine to your poaching liquid.

