

Seafood Pot Pie (seafood)

Prep Time: 30 mins.

Cook Time: 35–40 mins. **Serves:** 6–8

Ingredients

8 oz shrimp, peeled, deveined, and chopped
8 oz cod, halibut, or salmon, cut into bite-sized pieces
1 tsp. Old Bay seasoning
Salt and black pepper, to taste
2 T. butter
2 garlic cloves, minced
2 T. all-purpose flour, plus a little more as needed
1-1/3 cup heavy cream
1 tsp. dried thyme
1 T. parsley
2 T. lemon juice
1 sheet puff pastry, thawed (or homemade pie crust)
1 egg beaten with 1 tablespoon water (egg wash)



Instructions

1. Preheat oven to 400 degrees. Coat a 9- inch pie plate with nonstick cooking spray.
2. Season the shrimp and fish with Old Bay, salt, and pepper. Set aside. In a large skillet, melt the butter over a medium heat. Add in the garlic.
3. Sprinkle in the flour and stir continuously for 2 minutes.
4. Slowly whisk in the heavy cream. Simmer until creamy, about 5 minutes.
5. Fold in the raw fish and shrimp. Simmer gently for 3–4 minutes.
6. Pour the seafood filling into a 9-inch pie dish or individual ramekins.
7. Lay the puff pastry over the top, trim the edges, cut a few small vents, and brush with the egg wash.
8. Bake at **400°F** for **25–30 minutes**, until the pastry is puffed and deep golden brown.
9. Let the pie rest for **10 minutes** before serving.

Chef's Tip: For an extra-creamy pot pie, stir 2–3 ounces of softened cream cheese or mascarpone into the sauce before adding the seafood.