Salmon Pot Pie

Ingredients

1 cup carrots, diced
1 cup leek, diced
3 tablespoon olive oil
1 cup waxy potatoes, diced
1 1/2 pounds salmon filet, 1-inch pieces
1/2 pound hot smoked salmon filet, 1-inch pieces
2 cups seafood stock
1 cup heavy cream
1 cup frozen peas
salt and pepper to taste
1 puff pastry, thawed
1 egg yolk, lightly beaten, mixed with 2 tablespoons milk, for egg wash
3 tablespoons fresh dill or parsley

Directions

In a large, heavy bottomed dutch oven, heat the olive oil until smoking. Add the leeks and sauté until translucent, about 3-4 minutes. Add the carrots and sauté a few more minutes. Add the potatoes, then the seafood stock. This should cover the vegetables. Cover with a lid and let simmer on low heat for 15-20 minutes; the potatoes and carrots should be tender.

Add the fish and let simmer on very low for 5-8 minutes, until the fish is cooked through. At this point, avoid stirring much — or stir gently — as if you are rough with the stew, all the fish will fall apart.

Add the cream and let come back to a gentle boil. Remove from the heat and taste. Add salt and pepper to taste.

Preheat oven to 375F.

Ladle mixture into 4 individual casserole dishes. Roll and cut out puff pastry in rounds to securely fit on top of the dishes. You may need to roll the dough out a bit to have enough to fit, but keep it as thick as you can. Brush each with egg wash and sprinkle on chopped dill or parsley. Place casseroles on a large cookie sheet to prevent bubbling over. Bake for 20 minutes until pot pies are golden and bubbly.

Remove to a wire rack and let cool at least 5 minutes before serving.