

More than 1 hour

Serves 6-8

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 2 cups (500ml) water
- 1 tsp (5ml) salt
- 1 Tbsp (15ml) canola oil
- 1 cup (250ml) maize meal (polenta works well too)
- ¼ cup (60ml) butter
- 3 leeks, washed and sliced
- ¼ cup (60ml) flour
- 1 cup (250ml) milk
- 1 cup (250ml) cream
- 1 cup (250ml) frozen mixed vegetables
- 2 packets (90g each) smoked mackerel, flaked
- Salt and milled pepper
- 1 cup (250ml) grated cheddar

Method:

1. Place water, salt and oil in a pot and bring to the boil.
2. Whisk in maize stirring to avoid clumps.
3. Reduce heat and simmer for 15-20 minutes stirring regularly until cooked.
4. Spoon cooked pap into a greased 20cm loose-bottomed tart pan.
5. Press down firmly with the back of a spoon to create a pie crust.
6. Chill for an hour or overnight.
7. Preheat oven to 180 °C.
8. Heat butter in a pan and fry leeks until soft.
9. Whisk in flour and cook for 1 minute.
10. Add milk and cream, while whisking, and cook for 3-5 minutes or until thickened.
11. Add vegetables, mackerel and cook for 2-3 minutes. Season.

12. Pour filling into tart base and sprinkle with cheese.
13. Bake for 20-30 minutes or until golden.
14. Slice and serve.