

Third Sunday of Easter (Year B) Sunday 14 April 2024

FAMILY RESOURCES

EATING FISH

THE GOSPEL READING FOR THIS WEEK IS: Jesus eats with the disciples (Luke 24:36b-48)

Core extract from the Gospel (Luke 24.36, 40-43; for reflection throughout the week)

While the eleven and their companions were talking about what they had heard,
Jesus himself stood among them and said to them,
'Peace be with you.'
And when he had said this,
he showed them his hands and his feet.
While in their joy they were disbelieving and still wondering,
he said to them,
'Have you anything here to eat?'
They gave him a piece of broiled fish,
and he took it and ate in their presence.

Gospel prayer (for use through the week)

Risen Lord,
you made yourself known to the disciples
in the upper room.
Come among us now
and make yourself known to us,
as we share in your feast;
for you are our God,
now and for ever.
Amen.



Things to think about

- What is your favourite type of fish to eat?
- Do you like fish fingers or plain fish?
- Have you ever been fishing? Did you catch anything?

Things to do

- Make a **magnetic fish game** by cutting fish shapes and attaching to paper clips. You can use a magnet on a string to try and catch as many as you can. Perhaps you could make them different colours or patterns and give each type of fish a different points value.
- **Flappy fish game.** Cut fish shapes out of tissue paper and flap or wave folded newspaper to make the fish move. Why not challenge your family to a fishy race?
- **Fish Pie** (Serves 4-6)

You will need: 1kg potatoes, 400ml milk plus an extra splash, 25g butter plus a little extra, 25g plain flour, 4 finely sliced spring onions, 1 pack of fish pie mix (320-400g), handful of frozen peas, handful of frozen sweetcorn (optional), ovenproof

Preheat the oven to 200C, 180C fan, gas mark 6.



Peel and halve the potatoes, put them in a pan just covered by water and bring to the boil and simmer until tender.



When the potatoes are cooked, drain and mash with a splash of milk and a knob of butter. Season and leave to one side.



Put the butter, spring onions and flour in a pan and heat gently until the butter has melted. Cook for another 1-2 minutes.

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Use a balloon whisk to gradually add the milk and bring to the boil. Stir all the time to avoid lumps and stop it sticking to the bottom of the pan. Cook for 3-4 minutes until thickened.



Take off the heat and add in the mixed fish, peas and sweetcorn.



Spoon the mixture into an ovenproof dish or individual ramekins.



Add the mashed potato on top and sprinkle with a handful of cheddar cheese if you wish.



Place into the preheated oven and cook for 20-25 minutes or until the pie is golden and bubbling at the edges.

Enjoy!

Why not share your creations with us? We would love to see what you have been up to!

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