

## Ingredients

3 spring onions Salt and pepper 1 cup macaroni 1 lb 5 oz wolf fish or haddock 4 Tbsp butter, unsalted 2 eggs 4 Tbsp flour 3 Tbsp bread crumbs 1 3/4 cups milk Boiled potatoes 1 - 1 1/2 tsp nutmeg

## Directions

- 1. Coarsely chop the spring onions. Cook the macaroni in the usual fashion.
- 2. Melt butter in a saucepan; add flour, and stir milk in all at once. Bring to a boil and let simmer for 10 minutes. Add the spring onions for the last 2 minutes. Season with salt, pepper, and nutmeg.
- 3. Cut the fish into bite-size cubes.
- 4. Separate the eggs and add the yolks to the sauce while stirring. Whip the whites until frothy.
- 5. Blend the fish, sauce, and macaroni and pour into a baking dish. Top with the whipped whites and sprinkle with bread crumbs.
- 6. Bake in the oven at 350 degrees for 40 minutes.
- 7. Serve with melted butter and boiled potatoes.