

KEDGEREE

Serves 4

INGREDIENTS

- free-range eggs x 3
- smoked haddock x 900g (skin side up when cooking)
- whole milk x 200ml
- white onion x 1, dice
- curry powder x 1 tsp
- long grain rice x 300g
- fish or vegetable stock x 300ml
- lemon x1
- fresh parsley x 20g
- double cream
- butter/oil
- sea salt
- black pepper

METHOD

- pre-heat the oven at 180°C
- prepare all the ingredients (see above)
- put the eggs into the saucepan, cover with water, bring to the boil and cook for 6 minutes
- put the eggs into cold water to cool
- peel and slice (use an egg slicer if you have one)
- put the smoked haddock skin side up into a roasting tin and cover with the milk a
- cook in the oven for 10 minutes
- remove the milk by pouring the milk into jug and set aside
- remove the fish skin and flake the fish into a bowl, set aside
- heat butter/oil over a medium heat in a saucepan/casserole pot
- add the onion, a pinch of salt, cover with a lid and cook for 5 minutes, until soft
- add the curry powder and cook for 5 minutes
- add the rice, the reserved milk, the stock and cook for 10-12 minutes, stirring occasionally
- once the rice is cooked, remove from the heat
- add the smoked haddock, eggs and stir well
- add double cream, lemon juice, sea salt and black pepper to taste
- sprinkle with chopped parsley