

SMOKED HADDOCK KEDGEREE

SERVES 2

INGREDIENTS

2 large eggs
500g naturally smoked haddock fillets,
skinned and pin-boned
300ml milk
2 fresh bay leaves
170g long-grain or basmati rice
Butter
Thumb-sized piece of fresh ginger,
peeled and grated
1 medium onion
1 garlic clove, finely chopped
2 heaped tbsp curry powder
1 tbsp mustard seeds



2 lemons, juiced
1 handful fresh coriander,
chopped
1 red chilli, finely chopped

- Bring a pan of water to the boil and put the eggs in gently to prevent them cracking. Boil for 8 minutes, then place straight into cold water to prevent the yolks from going grey. Peel the eggs once they've cooled and set aside in the fridge.
- Put the smoked haddock and bay leaves in an oven-proof dish and add enough milk to cover. Bring to the boil, then cover and simmer for around 5 minutes, until the haddock has cooked through. Leave to cool, then remove the fish and set aside. Retain the cooking liquor.
- Boil the rice for 10 minutes until it's cooked, then strain and cool in cold water. Drain the rice once more and set aside in the fridge.
- In a pan, melt a knob of butter over a low heat. Add the ginger, onion and garlic, and cook until soft, then put in the curry powder and mustard seeds. Cook for a few minutes more, then add the rice and enough of the retained cooking liquor to thin the mixture slightly. Pour in the lemon juice.
- Cut the cooled eggs into quarters. Combine the smoked haddock and the rice in a large pan and heat through. Add the eggs, coriander and chilli, and stir gently.
- Divide between 2 bowls and serve.