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by Liz Robb

Smoked Haddock and Leek Risotto



Ingredients

200g smoked haddock
300ml milk
2 bay leaves
Black peppercorns
25g unsalted butter
1 tablespoon olive oil
2 leeks
300g Arborio rice
1 litre 100 ml vegetable stock
Freshly ground black pepper
Small bunch of spring onions

Preparation

1. 1. Pour the milk into a pan, together with the bay leaves and a few peppercorns, and heat. Place the haddock fillet in the pan so that it is covered by the milk and simmer very gently for 10 minutes. Take out the fish and put onto a plate, remove any skin or bones and flake into small chunks. Discard the bay leaves and peppercorns and reserve the milk.
2. 2. Wash and finely slice the leeks. Heat the oil and 15g of the butter together in a large saucepan with a heavy base. Turn down the heat, add the leeks and cook them, stirring frequently, until soft but not browned, about 15 minutes. Turn up the heat a little, add the rice and stir for just 1 minute.
3. 3. Add the strained cooking milk, a little at a time, stirring occasionally, until the milk is absorbed.
4. 4. Meanwhile, in a separate pan, pour in the hot stock and keep it simmering gently. When the milk has been absorbed, start to add the stock to the rice pan just one ladleful at a time. Keep stirring until the stock has been absorbed before adding another ladleful, repeating the process until the rice grains are soft on the outside with just a little bite in the centre
5. all of the stock may not be needed. This should take about 25-30 minutes.
6. 5. Just before the last of the stock is added, gently stir in the haddock flakes to heat through.
7. 6. When the risotto is cooked, cut the final 10g of butter into pieces and add along with black pepper, then stir briskly to combine. Taste to see if added salt is needed
8. the stock and fish may mean that it is salty enough already.
9. 7. Thinly slice the spring onions and serve as a garnish sprinkled on top of the risotto.