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by Liz Robb

Smoked Haddock Kedgeree

Ingredients

1 small onion
1 small green chilli
40g butter
1 teaspoon of curry powder
A quarter teaspoon of turmeric
175g basmati rice
2 bay leaves
450ml fish stock
Salt
250-300g smoked haddock
2 hard-boiled eggs
75g frozen petit pois
A handful of fresh chives
Black pepper
1 lemon
Parsley

Servings
2
Person

Preparation

1. Peel and finely chop the onion. Deseed and thinly slice the chilli.
2. In a large saucepan, gently sauté the onion in the butter for 4 minutes, stirring, until soft but not browned. Add the chilli, curry powder and turmeric and cook gently, stirring, for just a minute or two.
3. Rinse the basmati rice before adding to the pan, along with the bay leaves, and stir until coated in the spiced butter and onion mixture. Pour in the hot stock and season with a little salt, bring to the boil and stir, and then cover and simmer for 13-14 minutes. Remove the bay leaves.
4. Meanwhile, bring a pan of water to the boil and simmer the haddock fillets in the water for 4-5 minutes, until it is just cooked. Lift out onto a plate, allow to cool for a few minutes, then remove the skin and any bones and separate the fish into large flakes. Cover and keep warm.
5. At the same time, boil the eggs until hard, allow to cool for a minute or two and then chop into small pieces. Also, cook the frozen petit pois.
6. Add the fish to the cooked rice and carefully fold it in, then do the same with the chopped egg and the peas. Heat through gently for a few minutes, add chopped chives and season to taste with black pepper and a little more salt if needed.
7. Garnish with chopped parsley and wedges of lemon.

Cooks Note

Kedgeree, a dish usually made with rice, smoked fish, hard boiled eggs and a little curry powder, flavours thought to have been put together by British people who had been in India in colonial times, was often enjoyed at breakfast time by the Victorians.

It is actually a lovely dish to eat for a simple lunch or supper too, fairly light and very tasty.

Serves 2-3