

KEDGEREE

Ingredients

75g long grain rice
100g smoked fish -haddock
12g butter
1 egg
2.5ml spoon curry powder/ garam masala
Chopped parsley

Optional

Peas can be added for colour

Method

Hard boil egg

1. Put in cold water bring to boil and boil gently 10 mins.

Boiling rice and steaming fish

1. Half fill a pan with water, bring to the boil, add rice and cook for 12 mins.
2. While rice is cooking, place fish on a plate and set over the boiling rice to steam.
3. Drain rice in a sieve and set on a plate.
4. Flake the fish using a fork.

To assemble the kedgerree -

1. Melt butter in the pan. Add curry powder and cook for 1 min.
2. Add fish and rice, stir with a wooden spoon.
3. Decorate with sprig parsley and sliced/chopped boiled egg