

# RECIPE CARD

## RACHEL'S SMOKED HADDOCK KEDGEREE

SERVES 4 -6

### INGREDIENTS

- 100g butter
- 1 Large onion, finely chopped
- 3 Cardamom pods, crushed
- 2 tsp Black mustard seeds
- 2 tsp Cumin seeds
- 1-2 Green chilli, finely chopped
- 1-2 tbsp Curry powder
- ½ tsp Ground coriander
- 1 tsp Turmeric
- 1 Small cinnamon stick
- 2 Bay leaves
- 500g Alfred Enderby smoked haddock fillets, skinned and diced into small chunks.
- 500g basmati rice, cooked
- 150ml double cream
- 2 tbsp of mango chutney
- ½ lemon squeezed.
- 6 soft boiled eggs, peeled and halved
- sea salt flakes & freshly ground black pepper
- A good handful coriander leaves roughly chopped, lemon wedges, to serve

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#### METHOD

1. Melt the butter in a large frying pan, add the onion and cook for 10 minutes over a low heat until softened.
2. Add the cardamom, mustard seeds and cumin seeds, chilli, curry powder, coriander, turmeric, cinnamon stick and bay leaves and cook gently for 3- minutes, taking care not to burn.
3. Turn down the heat add a good dash of water.
4. Add the smoked haddock to the frying pan and coat with the spice mixture, cooking gently until nearly cooked through.
5. Add the rice and cream, mix well and cook over a low heat till the rice is heated through, season with a little salt and black pepper.
6. Then add the halved eggs chopped coriander, mango chutney and a good squeeze of lemon juice
7. Serve hot with lemon wedges chopped chillies and coriander leaves scattered on top.