



Seasonal Recipes from Fountains Abbey

January Seasonal Recipe

Smoked Haddock Kedgeree (serves 4)

Ingredients

- 300g undyed smoked haddock fillets
- 2 bay leaves
- 4 eggs
- Handful of chopped parsley
- Handful of chopped coriander

Method

1. For the rice, heat the oil in a large pan; add the spices and the onion. Fry for 5 minutes or so until it's softened but not too coloured. Add a pinch of salt and some milled black pepper and stir in the rice and mushrooms.
2. Once it is all coated add 600ml of water or light vegetable stock, stir and bring to the boil. Reduce the heat now and simmer for 5 minutes.
3. Take the pan off the heat and cover with a tight fitting lid. (We use cling film as no professional kitchen on earth has pans with tight fitting lids!)
4. Leave it alone now for 15 minutes and it will be done perfectly as long as you don't get tempted and lift the lid (or tear off the cling film)
5. Meanwhile, put the haddock and bay leaf in a pan and cover with boiling water, poach for 10 minutes or so until it is just under done and not quite falling apart.
6. Now you are ready to serve it all up. You may already know that this dish is traditionally served with boiled eggs; but we do it slightly differently.
7. At this point bring a separate pan of water to the boil and add a touch of vinegar.
8. Now lift the haddock out of your water leaving the bay leaf behind and drop it into your rice. If the rice is too dry, add a little poaching liquid as well and stir it all together.
9. Add the peas and half of your chopped herbs.
10. Let it sit for a minute while you now poach a few eggs in your boiling water.
11. Spoon the Kedgeree into 4 warmed dishes and sit a poached egg on each one. (The reason I use poached eggs is that when the yolk breaks it creates a rich sauce to mix through the rice)
12. Sprinkle the rest of your herbs on top, add a grind of black pepper and serve with hot crusty bread.