

SMOKED HADDOCK KEDGEREE



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50g butter

1 onion chopped

1tsp turmeric

2 pieces cardamom bruised

2 pieces stick cinnamon

2 fresh bay leaves

450g basmati rice

1 litre of chicken or fish stock

750g of smoked haddock fillet

3 eggs, boiled

3 tsp parsley

Lemon cut into wedges for garnishing

Melt butter and add onions till soft, add spices and rice with stock.

Cook for 12 minutes covered!

Steam fish for 4 minutes, remove skin and flake into the rice dish.

Add boiled eggs, and parsley cook through gently and serve with lemon wedges!

RECIPE AND PHOTO: Gail Lynn Daniels Joshi