

Kedgeree

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BBC
RADIO



Ingredients

1 small onion (finely chopped)
50g unsalted butter
250g basmati rice
½ tbsp curry powder
¼ tsp turmeric
50g peas (frozen)
300ml semi skimmed milk
Water (to add if mixture becomes dry)
2 fillets smoked haddock
3 hard boiled eggs – 2 grated, 1 halved to garnish
Small bunch coriander chopped
Pinch salt
Pinch pepper
Pinch cayenne pepper



Prep Time: 5 mins

Cooking Time: 15-20 mins

Serves: 4

Method

1. Shallow fry onion in melted butter without colouring. Then add rice and continue to cook gently.
2. Add curry powder and turmeric, then add milk (add water if necessary to avoid mixture becoming dry) continue to simmer rice, flake in fish and add peas until rice is cooked.
3. Season, add chopped parsley, grated egg and garnish with half of the boiled egg.