



Smoked haddock kedgerree with sweetcorn pakora.

Haddock are round fish caught via line or mid-water trawled in the North East Atlantic. Haddock is at its best quality in the autumn to spring time. When smoked, it can be used in a variety of dishes – breakfast, lunch or dinner. Natural smoked (no dye added) is the best.

Preparation time **40 minutes** Cooking time **25 minutes**

Ingredients (4 portions)

- Haddock - 4 (order from us via code **05HAD14E0A HADDOCK:PORTION - NATURAL SMOKED 140-170GM**)

Sweetcorn Pakora - 4 portions

- Sweetcorn - 250gm
- Gram flour - 100gm
- Green chilli chopped - 1
- Ginger paste - 5gm
- Ground garam masala - 3gm
- Ground coriander - 3gm
- Fresh coriander leaves chopped - 3gm
- Free range eggs - 2

Kedgerree - 4 portions

- Bay leaves - 2
- Basmati rice, rinsed in cold water and drained - 200gm
- Free range eggs - 2
- Thawed peas - 100gm
- Butter - 40gm
- Sunflower oil - 15gm
- Onion, finely diced - 80gm
- Medium curry powder - 5gm
- Double cream - 20ml
- Parsley chopped - 3gm
- Lemon Juice - ½ a lemon
- Coriander leaves - 20
- Lime wedges - 4

Instructions

1. Sweetcorn pakora. Place the sweetcorn in a bowl, to this add, chopped green chilli, ginger paste, garam masala, coriander powder, fresh coriander, gram flour and eggs. Mix well. Heat fat fryer to 175°C. Portion the mixture into 8 similar sized balls and gently drop them into the oil (taking great care with hot oil not to splash). Fry until crispy. Lift out of the oil and drain. There will be crispy pakora batter bits that have broken free from the frying balled mix. Keep them as they will be used to garnish.
2. Kedgerree Rice. Place 400ml of water into a saucepan and stir in the rice. Cover with a lid and bring to the boil. Reduce the heat and simmer the rice very gently for 10 minutes. Turn off the heat and leave the rice covered for 3-5 minutes more. The rice should have absorbed all the water. If it has not, return the rice to heat and allow to further cook until it has absorbed all the water.
3. While the rice is cooking, boil the eggs for 7 minutes. Drain, cool and peel. Cut in half.
4. Melt the butter with the oil in a pan and cook the onion over a low heat for five minutes until well softened. Add the curry powder and cook for another 3 minutes, stirring constantly. Add the cooked basmati rice, double cream, peas, lemon juice and chopped parsley into the softened curried onions and gently mix together.
5. Place the haddock portions in a large non-stick frying pan, skin-side up. Cover with water; add the bay leaves, and bring the water to a gentle simmer. Poach the fish for 8-10 minutes until it is just cooked. Drain on a cooling rack and remove the skin.
6. To assemble your 4 dishes place the warmed curried rice into the centre of each plate and place half a soft boiled egg in the centre of the rice on each dish. Place the cooked haddock portion on top of the egg and rice. Place 2 sweetcorn pakoras on each of the haddock portions and garnish the dishes with lime wedges, crispy pakora batter bits and coriander leaves.

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