



## Kedgerree

Serves 2

### Ingredients

1 large free-range or organic egg  
175g undyed smoked haddock fillets, pin boned  
2 fresh bay leaves  
4oz long grain or basmati rice  
Sea salt  
110g pure butter ghee  
A thumb-sized piece of fresh ginger, peeled and grated  
1 medium onion, or 1 bunch of spring onions, finely chopped  
1 clove of garlic, peeled and finely chopped  
Juice of 1 lemon  
1 good handful of fresh coriander, leaved picked and chopped  
1 fresh red chilli, finely chopped (de-seeded if you want it milder)  
A small pot of natural yoghurt



### Method

Boil the eggs for 10 minutes, then hold under running water.

Put the fish and bay leaves in a shallow pan with enough water to cover. Bring to the boil, cover, and simmer for about 5 minutes until cooked through.

Remove from pan and leave to cool. Remove skin from fish, flake into chinks, and set aside.

Cook the rice in salted water for about 10 minutes and drain. Refresh in cold water, drain again and leave in the fridge until needed.

Melt the butter ghee in a pan over a low heat. Add the ginger, onion and garlic, soften for about 15 minutes, then add the curry powder and mustard seeds.

Cook for a further few minutes, then add the chopped tomatoes and lemon juice.

Quarter the eggs. Add the fish and rice to a pan and gently heat through. Add the eggs, most of the coriander and the chilli and stir gently. Place in a warm serving dish.

Mix the rest of the coriander into the yoghurt and serve with the kedgerree.