

KEDGEREE

Kedgeree is a hugely popular dish from the days of the Raj. It's based on khichdi - an Indian dish of rice, lentils and spices - which the Victorians adjusted by toning down the spices and adding the solidly British ingredients of boiled eggs and smoked fish.

Prep
15 mins

Cook
45 mins

Heat


Serves
4

300g **skinless smoked haddock** - cut into bite-size pieces

1 medium **onion** - finely chopped

3 **cloves of garlic** - finely chopped

A small **bunch of parsley or coriander** - finely chopped (optional)

1 **lemon**

50g **butter**

250ml **milk** (any type)

4 **eggs** (any size)

A **handful of raisins or sultanas** (optional)

250g **ready-cooked green lentils** (or use dried and cook your own)

250g **basmati rice**

2 tsp



JEERA BLEND

2 tsp



HALDI BLEND

1 tsp



MIRCHI BLEND

2 tsp



METHI BLEND

1

Boil the eggs for 10 minutes then drain, cool and peel

2

Fry 2 tsp **JEERA BLEND** in 1 tbsp oil for 30 seconds or until the seeds just start to pop and jump around

3

Add the onion, garlic and butter and cook for 10 minutes or until the onion and garlic are soft and beginning to brown

4

Stir in the rice, raisins, milk, 250ml water, 2 tsp **HALDI BLEND**, 1 tsp **MIRCHI BLEND**, 2 tsp **METHI BLEND** and $\frac{3}{4}$ tsp salt then cover and cook for 10 minutes or until the ends of the rice are just cooked

5

Stir the lentils and juice of $\frac{1}{2}$ the lemon into the rice mixture. Nestle the fish pieces on top of the rice then cover and cook for 10 minutes or until the rice and fish are cooked through and all the liquid has been absorbed. Leave to stand with the lid on for 5 minutes before serving

6

Chop up 2 of the eggs and mix them through the kedgeree then halve the other 2, place them on the top and sprinkle over the parsley

7

Serve the kedgeree with the remaining $\frac{1}{2}$ lemon cut into wedges to squeeze over at the table

KEDGEREE

GOES GREAT WITH...

Date chutney
(p210)

REST OF THE WORLD

ALSO WORKS A TREAT WITH...

- Smoked mackerel or salmon

RAISE YOUR GAME BY...

Using quail's eggs in place of normal eggs