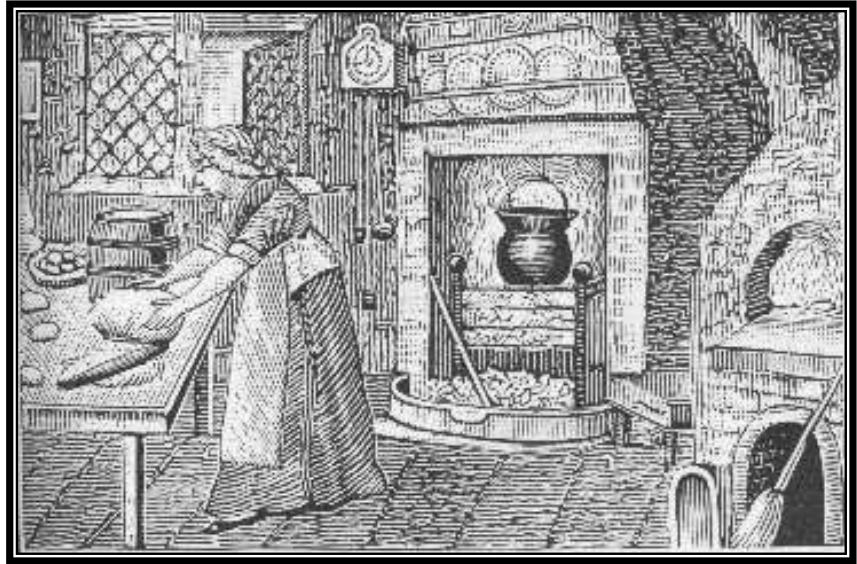




The Olde Scots Kitchin



Smoked Haddock (Cod)

Ingredients

1 fillet fresh smoked haddock
Milk to cover and poach haddock
1 portion pre-cooked mashed potato
¼ cup chopped chives
1 egg
½ a cup vinegar
400ml (15froz) double cream
¼ cup good quality cheddar cheese (grated)
Salt and pepper to season
¼ lemon
Parsley to garnish

Directions

Heat oven to 180C (250F). Place the fish into an ovenproof dish, add milk to just cover and seal the dish with a lid or foil to steam the fish. Place in the oven until fish is cooked (about 5 minutes).

Place the mashed potato into a saucepan, add the cream, mixing well together. Once the mash has incorporated the cream, add a handful of the chives and mix. Season to taste with salt and pepper.

To poach the egg, heat a small saucepan of water on the stove add a half-cup of vinegar and whisk to create a whirlpool. Break the egg into a cup and pour into the centre of the whirlpool. Allow to poach for about 3 minutes.

Place double cream into a saucepan and stir in the grated cheese until it melts. Allow the sauce to heat through and thicken, stirring regularly. Season with salt and pepper and the juice from the quarter lemon.

Place a serving of the mash mixture onto a plate. Add the steamed haddock fillet. With a slotted spoon or sieve, remove the poached egg from the pan and place onto the haddock and mash slightly. Pour over the cheese sauce. Garnish with a sprig of parsley.

Makes one main course serving.

Serve immediately.