

# Kedgerree

Traditional (filling) smoked haddock dish serves 4 generous portions.

This dish hails back to the **English**<sup>1</sup> involvement in **India**<sup>2</sup> (the dish was known as kitchri).

## Ingredients

- 700 g smoked haddock
- 100 g butter
- 250 ml cold water
- 250 ml **FAIRTRADE** white wine
- to taste salt and **FAIRTRADE** black pepper
- 1 medium onion
- 5 ml Curry Powder<sup>3</sup>
- 225 g **FAIRTRADE** white rice
- 3 hens eggs
- fresh parsley
- 1 **FAIRTRADE** lemon

## Method

### Preparation

Hard boil the hens eggs (12 minutes).

Unshell the eggs and slice.

Chop the parsley.

De-skin the onion and chop fine for a curry.

Juice the lemon, discard the pith and skin.

### Cooking

In a saucepan, cover the haddock fillets with 250 ml cold water and 250 ml **FAIRTRADE** white wine.

Bring to the boil, cover, and simmer gently for about 8 minutes until the haddock is cooked.

Then drain off the liquid and reserve.

Transfer the haddock to a dish, cover and keep it warm.

Using the same pan, melt 50 gm of the butter and gently fry the onion in it for 5 minutes.

Add the curry powder and stir round, then add the rice and 450 ml of the reserved cooking liquid.

Stir once and when it starts to simmer, cover and cook very gently for 12 minutes or until the rice is tender. Meanwhile remove and discard the skins from the fish and flake the flesh using a fork.

When the rice is cooked, remove it from the heat and fold in the flaked fish, hard-boiled eggs, parsley, lemon juice and the remaining 50gm butter.

Cover the pan and replace it on very gentle heat for 5 minutes to heat through.

Transfer the kedgerree to a hot serving dish, season to taste and serve.

### To serve

Serve as an english breakfast dish or main course.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

<sup>2</sup><http://www.fairtradecookbook.org.uk/countries/india.htm>

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/curry\\_powder.htm](http://www.fairtradecookbook.org.uk/recipes/curry_powder.htm)