



Recipe of the Week

KEDGEREE

Serves 6-8

Ingredients

2 cups basmati rice
1 large onion, diced, not too fine
4 cloves garlic – finely chopped
2g lemon thyme – leaves only
6 cups chicken stock
500g smoked fish (hot smoked warehouse is best)
½ cup chopped Italian parsley
6 hardboiled eggs
50g butter
2 tabs olive oil
Salt & pepper

Method

1. In a large ovenproof pot (eg a le Creuset) melt butter and oil.
2. Sauté onions, garlic, and lemon thyme until softened but not coloured.
3. Add basmati rice and stir for a couple of minutes until grains begin to look transparent.
4. Add boiling stock, stir until combined, cover tightly with a greased paper lid (paper needs to touch the mixture).
5. Then put the lid of the pot back on.
6. Put in oven for 20 minutes.
7. Remove from oven, remove both lids, season well.
8. Gently stir through quartered hard boiled eggs, flaked fish, and parsley.
9. Finally a good fat knob of butter or glug of olive oil makes this a perfect dish.
10. Best served with peas and tomatoes.