



MUM'S CREAMY SMOKED HADDOCK



MINUTES TO PREPARE
3



MINUTES TO COOK
12



SERVES
2

INGREDIENTS

2 smoked haddock fillet tails
Drizzle rapeseed oil
Milk to cover
Handful of chives, chopped into rounds
1 tablespoon creme fraiche
Freshly ground black pepper

LET'S GET COOKING

- 1 You will need a large flat-bottomed frying pan with lid. If you don't have a lid, you can use tin foil.
- 2 Heat the oil in a frying pan over a medium heat. Add both of the smoked haddock fillets flesh side down for 30 seconds and then flip carefully so the skin is on the bottom of the pan. Pour in the milk until it nearly covers the fish. Add a good grind of black pepper and the chopped chives.
- 3 Bring to a gentle simmer. Cover with lid or foil and poach gently for 12 minutes.
- 4 Remove the fish with a spatula and place to the side. Add the creme fraiche and bring to the boil to thicken a little.
- 5 Serve with boiled Jersey Royal potatoes, broad beans, green beans and the deliciously rich, smokey sauce.

"I am very thankful that my Mum is an amazing cook and has been a huge inspiration for me, although we do cook completely differently. Mum is confident with the recipes she knows well and I am constantly searching for new combinations. What truly amazes me though, is that she was born without a sense of smell. I find this fascinating as so much of cooking is through smell and taste. Despite this, she nails it every time! This is a delicious fish recipe which takes 15 minutes from start to finish.

Poaching fish is a very healthful way of cooking. You can use salted water, stock, coconut milk, milk etc. Cooking using this method retains the flavour of the fish and locks in the moisture. The key to poaching anything is to keep the simmer low. Once the fish is cooked and out of the liquid, then you can turn up the heat to reduce the sauce."