

Lloyd Platt & Co. - RECIPE N0.16

By Diana Moran

Diana Moran, Britain's renowned Health, Beauty & Fitness Expert says "One of my favourite dishes is by well known TV Chef, Lotte Duncan - it's ideal for a summer picnic - or snuggling up with someone special on a cold winter morning!"

"Fresh Face" by Diana Moran is published by Hamlyn from all good bookstores - £12.99

Kedgeriee was originally known as 'kitchri' and was a dish that came over from India during the time of the Raj. It was originally a lentil and onion dish, but then as with a lot of food we did our own thing with it. There were many versions of kedgeriee, one with cream, parmesan and rice – named after Florence Nightingale. This one though, is mine.

Smoked salmon, for me, is so much nicer hot. The depth of flavour with the salmon is superb and less insipid than normal kedgeriee. Try it with smoked duck or venison instead of the fish, that works beautifully too.

SMOKED SALMON AND HADDOCK KEDGEREE (SERVES 4)

Ingredients

8oz (225g) smoked haddock
5floz (150ml) milk
8oz (225g) basmati
2oz (50g) butter
1 small onion - finely chopped
1 tsp each of ground coriander, cumin and turmeric
Half a tsp of chilli powder
8oz (225g) smoked salmon
3 hard boiled eggs - quartered
2 tablespoons (30ml) double cream
1 tablespoon of chopped parsley
Juice and grated zest of 1 lemon
To garnish - lemon wedges

Method

1. Place the smoked haddock in a shallow pan with the milk. Cover and simmer gently for about 8 minutes until cooked through. Drain and flake removing any bones and skin. Reserve about 2 - 3 tablespoons of the cooking liquid.
2. Rinse the rice a couple of times under cold water then cook it in plenty of salted boiling water for 10 minutes or until just tender. Drain and rinse with boiling water - drain again.
3. Melt the butter in a frying pan and add the onion. Cook them for 10 minutes and then add all the dry spices and cook gently for 1 - 2 minutes. Add the rice, smoked haddock and salmon, reserved cooking juices, cream, parsley, lemon zest and juice. Season with black pepper.
4. Scatter over the cooked egg and more parsley and garnish with the lemon wedges.

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