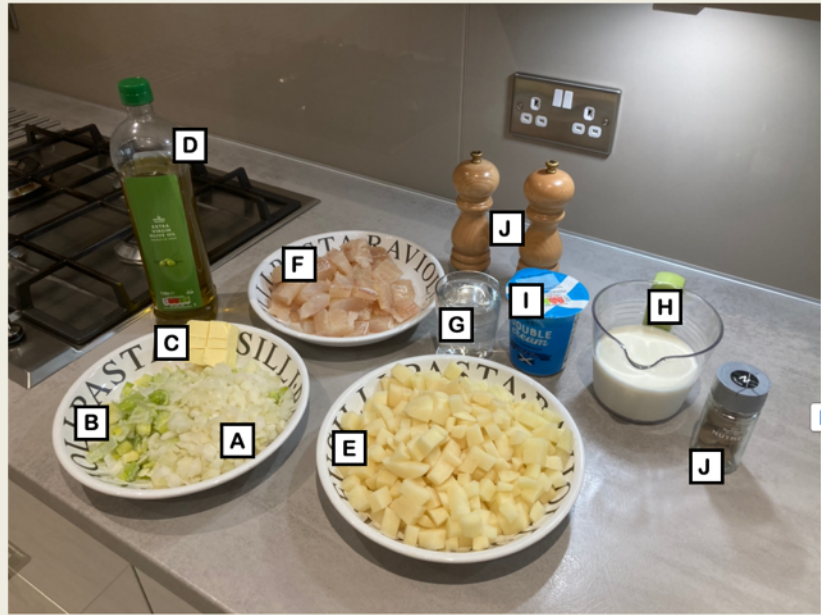


## Recipe 12 – Cullen Skink

This recipe is for 4-6 people

- A. ½ chopped onion
- B. ½ chopped leek
- C. 60g butter
- D. 1 tbsp oil
- E. 4 medium diced potatoes
- F. 300g peat smoked haddock (use naturally smoked haddock not the yellow dyed version)
- G. 250ml water
- H. 300ml whole milk
- I. 300ml double cream
- J. Seasoning
  - A. Salt, Pepper
  - B. Nutmeg



Timings –

Prep – 20 mins\*, Cooking – 35-40 mins\*

\*"The quoted times are an estimated and may vary based upon your experience & chosen ingredients"

## Method

1. Heat the Oil & butter in your pot and add your Onion & leek , cook for 5 mins or until your onion & leek are soft.



2. Once the onion & leek are ready add your potatoes and mix through, now add your water and cook for 10 mins.



3. Now add your milk & Cream and stir through.



4. At this stage you can add your seasoning, a few turns of black pepper, approx.  $\frac{1}{2}$  a grated nutmeg (this will depend on your personal taste) & salt – be careful with the addition of salt as you have the smoked fish, although the potatoes need salt. Remember you can always add later but you cannot take away.



5. Cook your veg until the diced potato is soft approx. 10-15mins.

6. Once the veg is cooked add the smoked haddock and cook for a further 5 mins.



7. Serve in warm bowls with crusty bread & butter



Hints –

You can add more fish if you want a more luxurious dish, This can be served as a lunch, small starter or large main course.