

Chilled Summer Kedgerree

This recipe works very well with left over scraps of salmon, trout or even smoked salmon if you happen to find yourself with some.

Serves 4

500g undyed smoked haddock (originally it would have been bright yellow!)

300g salmon (this is my addition as salmon was food for Kings back then)

Milk

175g long-grain rice or basmati (the old recipe used 'patna' rice)

3 hard boiled eggs, chopped

A couple of handfuls of prawns

Juice and rind of a lemon

200ml single cream

A bunch of parsley, chopped

A small bunch of chives, snipped small

Tin of anchovies (you may not want to use all)

Salt and pepper

Cook the fish by pouring a enough boiling water over it to cover and throw in a few parsley stalks and some peppercorns. Simmer very gently for ten minutes and save the water for cooking the rice. Flake the fish into a bowl and leave to get cold. If your prawns are raw rather than pre-cooked you can cook them for five minutes along with the fish then remove the shells when cool enough to handle. Reserve the milk in case you want to moisten the dish at the end.

Cook the rice using 600ml water, adding more if necessary. Cool it quickly so as not to let it overcook. Mix together with all the other ingredients and chill. You can lay the anchovy fillets on top to get the retro 1970s feel or chop and mix in.