

# Taste the Hills

## Recipes and Tips

### Chilled Summer Kedgerree

This recipe dates back in our family to the 1960s but it is still a favourite and perfect for a picnic served in bowls and eaten with a fork with maybe a chunk of French stick. Increase or double up ingredients to feed a larger group.

Serves 4 to 6

600g smoked haddock (sometimes I add some hot smoked salmon in the final mix)

Milk

175g long-grain rice or basmati

3 hard boiled eggs, chopped

A couple of handfuls of prawns (raw or cooked - see recipe)

Juice and rind of a lemon

200ml single cream

A bunch of parsley, chopped

A small bunch of chives, snipped small

A few thinly sliced anchovies

Salt and pepper

Cook the fish by pouring a enough milk over it to cover and throw in a few parsley stalks and some peppercorns. Simmer very gently for ten minutes. Flake the fish into a bowl and leave to get cold. ( If your prawns are raw rather than pre-cooked you can cook them thoroughly in the same milk). 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. When the fish, prawns and rice are completely cold, 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. I like to make it the night before and store it in the coldest part of the fridge.

If using for a picnic, keep your container very well chilled en route.

Feeling inspired? Pick up a leaflet or visit our website to find other cookery courses on offer at the Discovery Centre

**LUDLOW**  
FOOD FESTIVAL

Pop up kitchen sponsored  
by Ludlow Food Festival

Shropshire Hills Discovery Centre –

the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: [info@shropshirehillsdiscoverycentre.co.uk](mailto:info@shropshirehillsdiscoverycentre.co.uk)

Tel: 01588 676060 [www.shropshirehillsdiscoverycentre.co.uk](http://www.shropshirehillsdiscoverycentre.co.uk)

grow  
cook  
Learn

Charity no: 1158795