

Tasting, Sampling and Sharing with friends

Cullen Skink



Serves 4 – 6

Ingredients

2 smoked haddock	1 tbsp flour
1 natural haddock	1-2 tspn English mustard powder
1 pint full cream milk	1 tspn sugar
3 medium leeks	4-5 oz double cream
3 oz butter	2 tbsp chopped parsley
250g potatoes (peeled and chopped into small pieces)	

Method

Put fish into a pan with the milk. Bring to the simmer and turn off the heat. Chop the leeks, melt butter in a pan and fry the leeks for 5 minutes (Do Not allow to burn). Add the chopped potatoes and a cup of water. Simmer for 5-8 minutes or until the water has evaporated. Mix the flour with tablespoon of water and stir in carefully and cook for 1 minute.

Drain the fish but reserve the milk. Slowly add the milk to the veg pan, stirring all the time until a soupy consistency is reached. Simmer for a few minutes to cook the potatoes. Mix the mustard powder with a tablespoon of water and stir carefully into the soup.

Flake the fish, remove any skin and bones and add to the soup, also add 1 teaspoon sugar.

I usually leave this to cool a little and just before serving, stir in the double cream. Ladle into soup bowls and decorate with chopped parsley.

Serve with crusty bread or rolls.

Irene Mellini 27th October

