

Kedgerree

Spicy rice, smoked haddock and boiled eggs. Kedgerree is so easy to make and is a perfect family meal. Considered a traditional British food, this dish originated in India. Serve as a light supper, easy lunch or even brunch.



COOKWARE FOR LIFE

Ingredients

SERVES 4 - 6

FROM THE AMC BOOK

500 g smoked haddock
500 ml chicken stock
1 large onion chopped
1 small clove of garlic crushed
200 g (250 ml) uncooked rice
5 ml curry powder
lemon juice, salt and freshly ground black pepper
2 eggs, hard boiled, quartered
30 ml fresh, chopped flat leaf parsley

Method

1. Pull skin from haddock while frozen and thaw the fish completely. Place haddock and stock in an AMC 24 cm Gourmet Dome Fry Pan, cover with lid and heat over a medium temperature until the Visiotherm reaches the first red area.
2. Turn the temperature to the lowest setting and poach for 8 - 10 minutes. Remove from heat and spoon fish from the liquid. Reserve liquid, keep fish and liquid separate.
3. Return the unit to the stove-plate and saute onion and garlic.
4. Add rice and curry, mix well. Add reserved liquid and heat with lid on over a medium temperature until the Visiotherm reaches the first red area. Turn heat down and simmer for 25 - 30 minutes, or until rice is cooked. Debone haddock and flake with a fork.
5. Stir haddock in totrice. Season to taste and garnish with eggs and parsley before serving, Serve with salad.

TIPS & VARIATIONS:

- 10 ml fresh, grated ginger and 1 red chilli, chopped can be added with the garlic for a stronger flavour.