



Kids' Kedgeree

Serves 4

Soup Ingredients

350g cod fillet, skinned
300ml whole milk
50g unsalted butter
1 brown onion, finely chopped
½ tsp cayenne pepper
1.5 tsp mild curry powder
300g rice (if brown, soaked for 1 hour)

1l chicken or vegetable broth
150g frozen peas, defrosted
150g sweetcorn, drained
4 hard boiled eggs, cut into quarters
2Tbsp flat leaf parsley, roughly chopped
¼-½ lemon, juice only
Freshly ground black pepper to taste
Salt to taste

Instructions

Place the cod and cold milk into a large, deep frying pan. Bring to a boil and then reduce to a simmer. Cook for 5 minutes.

Use a slotted spoon to lift the cod out of the milk and set aside to cool. Transfer the milk to a small bowl and set aside to cool.

In a large saucepan, melt the butter over a medium heat. Add the onion and saute for 3 minutes. Stir in the cayenne pepper and the curry powder. Saute for another 2-3 minutes until the onion is soft and translucent.

Add the rice to the saucepan and stir well to combine. Stir in the stock and reserved milk. Bring to a boil and reduce to a simmer. Cover the saucepan with a lid and cook for 15-20 minutes until the rice is cooked. Add a little water if required to avoid the rice drying out.

While the rice cooks, flake the cod with a fork.

Once the rice is cooked, add the sweetcorn and peas. Stir well to combine and cook for a further 2 minutes. Carefully fold in the cod and remove the saucepan from the heat.

Taste the kedgeree and add the lemon juice a little at a time, the black pepper and salt as required. Serve the kedgeree with parsley sprinkled on top and 4 quarters of the eggs per person.