

Kedgeree

Oscar · 28/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

2

Description

A delicious traditional English breakfast dish using smoked white fish rice and eggs It is based on the Indian dish Khichri and comes from the days of the Raj

Ingredients

- - 2 cups uncooked basmati rice - 2 eggs - 4 ounces smoked haddock
- or other white fish - 1 bay leaf - 1 cup milk
- or as needed - 1 tablespoon butter - 1 teaspoon curry powder - 4 green onions
- chopped - ¼ cup frozen green peas - salt and pepper to taste - ½ cup low-fat plain yogurt

Instructions

1. Prepare rice according to package directions. Drain
2. and set aside to cool. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water
3. cool
4. peel and chop. Set aside. Place the haddock in a small skillet with the bay leaf. Pour in enough milk just to cover the fish. Bring to a simmer over medium heat
5. and cook gently until fish flakes. Remove fish from the pan
6. flake with a fork
7. and set aside. Discard milk and bay leaf. Melt butter in a skillet over medium-high heat. Stir in curry powder
8. then add the peas and onions. Fry for a couple of minutes
9. then add the cooked rice
10. eggs
11. and fish. Stir gently
12. and season with salt and pepper. Heat through
13. and serve with yogurt.