

KEDGEREE WITH SMOKED TROUT

Serves 2-3 – Great for lunch or a light supper



Ingredients

Rapeseed oil

1 tsp Coriander seeds

1 tsp Cumin seeds

1 Small onion, finely chopped

175g Basmati rice, washed

350ml Vegetable stock

*350g **Smoked Trout***

1 tbsp Finely chopped parsley

1 tbsp Fresh coriander, chopped

Halen Môn Sea Salt

Ground Pepper

1 tbsp Crème fraiche

2 Hard-boiled eggs, chopped

Cover the inside of pan with **rapeseed oil**, add the coriander and cumin seeds and heat until they begin to pop and jump.

Add the onion and cook over medium heat for about 5 minutes, stirring occasionally until translucent. Stir in the rice and cook for 1-2 minutes.

Stir in the stock and bring to boil. Cover and cook over low heat for about 15 minutes, stirring occasionally until rice is tender. Meanwhile flake the **Smoked Trout** into large pieces.

Into the hot rice gently fold the fish, herbs, **salt** and pepper, crème fraiche and eggs. Heap the mixture on to a large warmed platter and scatter some fresh parsley over the top.

This recipe is equally nice with lightly poached **Smoked Haddock**.