

## SPELT & QUAIL'S EGG “KEDGEREE”

Our huge thanks to Lara at [www.lunalarde.com](http://www.lunalarde.com) for her wonder recipe and photographs

*Lara's scrumptious take on kedgerree, ideal for lunch served with steamed broccoli and sautéed spring greens*

*Serves 6*



### **Ingredients**

*400g whole spelt, well rinsed*  
*12 quail eggs, boiled 3 mins and peeled*  
*350g Black Mountains Smoked Haddock*  
*200g peas, blanched*  
*1 bunch parsley (keep a little back to decorate)*  
*1 bunch dill*  
*3 spring onion, chopped*  
*Curry powder*  
*Turmeric powder*  
*1 lemon*  
*1 bay leaf*  
*Olive oil*

Tip spelt into a large pot with 1 tsp curry powder and ½ tsp turmeric powder, use a wooden spoon to stir, evenly coating. Cover with boiling water then simmer for approx. 45 minutes or until tender. Strain.



Fill a separate pan with water, add 1 tsp turmeric powder and bay leaf, bring to boil. Add the smoked haddock and simmer for 4 minutes.

Remove from water and allow to cool slightly. When cool enough to handle, flake the haddock into a bowl, discard skin and set aside.

In a mixing bowl, combine spelt with peas, chopped parsley, dill, spring onion, whole lemon zested and juice of half with 1 tbsp olive oil.

Add the haddock, careful not to break up too much.

Add salt + pepper to taste.

Arrange in a serving bowl.

Halve the quail eggs, crack pepper over the top then place into the serving bowl along with remainder of the parsley, roughly torn.