

SMOKED TROUT KEDGEREE

Serves 2-3

Ingredients

350g [Smoked Trout](#)
175g Basmati rice, washed
350ml Vegetable stock
2 Hard-boiled eggs, chopped
1 Small onion, finely chopped
1 tbsp Finely chopped parsley
1 tbsp Fresh coriander, chopped
1 tbsp Crème fraiche
1 tsp Coriander seeds
1 tsp Cumin seeds
[Cotswold Gold Rapeseed Oil](#)
[Halen Môn Sea Salt](#)
Ground black pepper



Coat 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 [Smoked Trout](#), herbs, [Halen Môn Sea Salt](#) and black pepper, crème Fraiche and eggs.

Heap the mixture onto a large warmed platter and scatter some fresh parsley over the top.

This [Smoked Trout](#) Kedgeree recipe is equally nice with lightly poached [Smoked Haddock](#).