

SPELT & QUAIL EGG KEDGEREE

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

Our huge thanks to Lara at www.lunalar.com for her wonderful recipe and photographs

Serves 6

Ingredients

350g [Smoked Haddock](#) or [Smoked Trout Fillets](#), to
save cooking time
12 quail eggs, boiled for 3 mins and peeled
400g whole spelt, well rinsed
200g peas, blanched
3 spring onions, chopped
1 lemon, zested and juiced
1 bunch of parsley (keep a little back to decorate)
1 bunch of dill
1 tbsp Curry powder
1 bay leaf
1/2 tsp Turmeric powder
[Halen Môn Sea Salt](#) & Black Pepper
[Fino Extra Virgin Olive Oil](#)



Pour the spelt into a large pot with 1 tsp curry powder and ½ tsp turmeric powder. Coat evenly, using a wooden spoon to stir. Cover with boiling water and 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 [Smoked Haddock](#) into a bowl, discard the skin and set aside.

If using [Smoked Trout](#), then simply flake and set aside.



In a mixing bowl, combine the spelt with the peas, chopped parsley, dill, spring onion, lemon zest and half of the lemon juice with 1 tbsp [Fino Olive Oil](#).

Carefully add the [Smoked Haddock](#) and season to taste with [Halen Môn Sea Salt](#) and black pepper.

Arrange decoratively in a serving bowl.

Halve the quail eggs and crack black pepper over the top. Place into the serving bowl along with the remainder of the roughly torn parsley and a few drizzles of lemon juice.

Serve hot and enjoy!