

Cullen Skink Rick Stein



Serves 4 Prep 10 mins

Cooking 25 mins

Easy

Ingredients

50g butter
1 onion, finely chopped
1.2 litres whole milk
750g floury potatoes (Maris Piper / King Edward), peeled, diced into 2cm cubes
450g undyed smoked haddock, skinned, any bones removed
2 tbsp chopped parsley
Salt and pepper

Serve with wholemeal soda bread or buy crusty bread:

250g wholemeal flour
250g plain white flour
1.5 tsp table salt
1 tsp bicarbonate of soda
425ml buttermilk

1. Melt the butter in a large pan, add the onion & cook gently until softened for 6-8 mins, then add the milk and bring up to a boil, add the diced potato. Simmer for 10-15 mins until very soft, crush some potatoes against the side of the pan to thicken the soup.
2. Add the smoked haddock & simmer 3-4 mins until cooked & will flake easily. Return it to the pan and stir in the parsley & season with salt and pepper.
3. Serve sprinkled with a little more parsley with warm buttered soda bread.
4. **To make wholemeal Soda Bread:**
5. Set the oven to 200c/180c fan. Sift the dry ingredients into a large bowl & add the milk to produce a soft dough. Shape with the minimum of kneading into a disc ± 5-6cm thick. Using a knife cut a cross in the top about half of the way through the dough, dust the top with a little more flour.
6. Place on a greased oven sheet and bake for ± 30 mins until risen and crusty & the loaf sounds hollow when the bottom is tapped. Allow to cool on a wire rack & serve in wedges with plenty of butter.