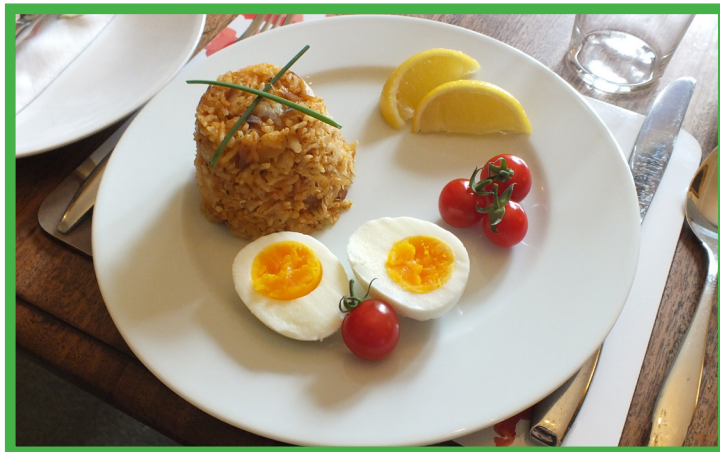


## Dowfold House Kedgeriee

### Ingredients (makes 6 portions)

- Same weight of filleted smoked haddock as Basmati (or Arborio) rice
- Milk for poaching fish and cooking rice - at least twice as much milk as rice, by volume (more for Arborio rice option)
- Butter (for Arborio rice option)
- Bay leaf (or two)
- Peppercorns
- Paprika and/or Cayenne pepper
- Freshly ground black pepper
- Cream or Crème fraiche
- Hard-boiled eggs
- Lemon wedges
- Cherry tomatoes, with salt, sugar basil and thyme as seasoning
- Chive for garnish



### Method

#### To prepare:

- Poach the fish in the milk, with peppercorns and bay leaves. Set fish aside, and strain the poaching liquor. Cook the basmati rice in double the quantity of poaching liquor – a la Delia for 15 minutes. Check that the rice has absorbed all the liquor by tilting the pan.
- Optionally use Arborio rice. Cook the rice by tossing it in butter in a frying pan until the rice is well coated. Add the strained hot poaching liquor, one ladleful at a time, stir until the liquid is absorbed, then add another ladleful. Note that some 4 parts liquor are needed per part of rice; I use the milk liquor and add some vegetable stock. Season with paprika/cayenne and black pepper. Once the mixture is firm, but the rice is well swelled and soft, the rice is cooked.
- Flake the fish into recognisable pieces; do not break it up too much. Place in a bowl with the rice and season with cayenne pepper and ground black pepper to taste. Add a spoonful of cream to add moisture.
- Pack the mixture into muffin moulds to create 150 ml timbale-like portions, and freeze. Once frozen, place the muffin mould in warm water to free off the timbales, and pack in the freezer until required.

#### To serve:

- Place the timbale in the microwave and heat on maximum for 90 seconds. Place on a dish in a double boiler and steam for ten minutes. In the meantime, hard-boil one egg per portion 9-10 minutes in boiling water - and slice in two or four long-ways. Lightly fry tomatoes in butter until they begin to soften and add the seasoning to the pan.
- Place the timbale on the serving plate, add the sliced hard-boiled egg wedges and garnish with the tomatoes and wedges of lemon. Pour a little of the buttery seasoning over the tomatoes and garnish the timbale with crossed chive leaves.