

Kedgerree with eggs

Kedgerree is a dish of delicately spiced rice, hard boiled eggs and smoky fish created during the time of the British Raj. It is thought to originate from the South Asian dish *khichrī*, a simple dish of rice and pulses, but the legumes were replaced by fish and eggs. The dish became very fashionable with corseted Victorian ladies in India and when they returned home kedgerree became an indispensable part of the English breakfast table.

Kedgerree has always been adjusted to suit the sensibilities of those eating it and our version is gentle, nutritious and should have a soothing effect on the gut.



Ingredients

Serves 4

- 2tbsp olive oil
- green leaves from 6 salad onion, finely sliced
- 2 cm/1in length of fresh ginger, grated
- 200g/7oz Basmati rice
- ½tsp salt
- ½tsp ground turmeric
- 4 eggs
- 200g/8oz smoked, undyed haddock, skin removed
- sea salt and freshly ground black pepper
- 1tbsp fresh coriander or parsley, chopped

Method

Heat the oil in a large nonstick pan with a lid, and sweat the salad onion tops and ginger until they are soft. Add the rice to the pan and stir well to coat the grains with a little of the flavoured oil.

Pour twice the volume of water to rice into the pan and add the salt and turmeric. Bring the rice to the boil, reduce the heat and cover with a lid. Simmer the rice gently for 5 minutes. Remove the lid from the pan and lay the haddock on top of the rice, replace the lid and cook the rice and smoked haddock together for a further 5 minutes.

At the same time as the rice is cooking boil the eggs for 7 minutes and then plunge them into cold water to cool. Drain the eggs and when cool, remove their shells cut them into quarters.

When the rice is cooked, carefully flake the smoked haddock and mix it in with the rice.

To serve the kedgeree, arrange the eggs over the rice and sprinkle with a generous helping of chopped coriander or parsley