

Kedgeree

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About the Book

Credits

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Intro

Contribute

Kedgeree Receipe Collection

Still searching

Kedgeree with poached egg

Source BBC



Figure 1: My favourite

Table 1 Table 1: List of the best

Name	Taste	Economy	Time
BBC			

Method

- STEP 1 Cook the rice following pack instructions, then drain and set aside. Meanwhile, heat 1 tbsp of the oil in a non-stick frying pan and

cook the onion and garlic for 5 mins. Toss the fish pieces with the curry powder and remaining oil. Add to the pan. Cook for another 5 mins, stirring carefully and turning the fish.

- STEP 2 Add the rice to the pan and turn up the heat, then stir well (the fish will break up a little). Cook for 1-2 mins, then stir in the lemon and parsley. Turn the heat down as low as it will go, and put on a lid.
- STEP 3 Bring a pan of water to the boil, turn down the heat and poach the eggs. Season the kedgeriee and divide between plates, topping each with a poached egg.

Ingredients

- 300g long grain rice
- 2 tbsp olive oil
- 1 onion , finely chopped
- 2 garlic cloves , finely chopped
- 390g pack fish pie mix, defrosted if frozen
- 1 heaped tbsp mild or medium curry powder
- juice 1 lemon
- ¼ small pack parsley , chopped
- 4 eggs

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Bibliography

1. GESIS, "The social shaping of British communications networks prior to the First World War" (2010);
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Notes

Work in porgress.