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rescue me kedgeree

main courses | serves 4 generously

If you reach a point when you've had too much rich food, this is the dish for you. It will slap your taste buds about and bring them back to life. It's dead simple, and if you do it right, it'll be hard to find anyone that doesn't love it. It works as breakfast, lunch or dinner, and for me the best hangover cure in the world.

Bring 2 large pans of salted water to the boil. Wash the rice in a sieve until the water runs clear and all of the starch has been washed away. Add the rice to one of the pans and cook for 2 minutes less than the cooking instructions. Add the eggs and bay leaves to the other pan and squeeze in the juice of $\frac{1}{2}$ a lemon. Add the squeezed lemon half to the pan too and leave to simmer for 7 to 8 minutes, adding the haddock halfway through.

Meanwhile, get a large frying pan on a medium heat and add a lug of olive oil and a knob of butter. Once hot, tip in the onion and fry for a couple of minutes, then add the coriander stalks and chilli and leave them to sweat away so they get lovely and sweet. The slower you cook them, the sweeter they'll be.

When the rice is cooked, drain it, and put aside. After 3 to 4 minutes of cooking, your haddock should be flaking apart, so carefully pour most of the water down the sink. Transfer the eggs to a colander and rinse them under the cold tap until they're cool enough to peel. Discard the bay leaves and lemon half.

Add the curry paste to the pan of onions and stir it through. Fry for 5 more minutes then take the pan off the heat. Tip in your rice and stir it through – don't totally mix it though, it's nice to have a bit of a marbled effect. Roughly chop your peeled eggs into the pan, then flake over the haddock. Roughly chop the coriander leaves and add most of them to the pan with the juice from the remaining lemon. Gently fold it all together.

Pop the pan on a low heat for 5 minutes to get nice and hot, then have a taste and adjust the seasoning. You shouldn't need too much as the smoked fish gives it lots of flavour. Get a fork and fold

ingredients

- sea salt and freshly ground black pepper
- 250g basmati rice
- 4 large eggs, preferably free-range or organic
- 2 fresh bay leaves
- 2 lemons
- 500g undyed smoked haddock fillets, skin off, bones removed
- olive oil
- a knob of butter
- 1 onion, peeled and finely chopped
- a small bunch of fresh coriander, leaves picked, stalks finely chopped
- 1 fresh red chilli, deseeded and finely sliced
- 1 heaped tablespoon Madras curry paste
- natural yoghurt, to serve

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it over a few times to keep it nice and light. When you hear a great sizzling, take it off the heat, scatter over the reserved coriander, and pop some lemon wedges on the side for squeezing over. Serve in the middle of the table so everyone can tuck in. A pint of Guinness with a swig of port in it is fantastic with this – it might sound weird but it tastes great.

PS: You could get this ready ahead of time – cook your rice, fish, eggs and onion base. Cover all of the elements and keep them separate, then simply assemble and reheat everything when you're ready to eat.



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