

Cooking For One

Cullen Skink

½ oz butter

½ oz sliced or chopped onion

Garlic to taste

1 oz sliced leeks

2 oz chopped potato

4 fl oz Water and 1 teaspoon of stock powder (Marigold)

3 oz smoked haddock

2 fl oz milk

1 fl oz yoghurt

Chopped Parsley

1. Melt the butter in a pan, add the sliced onion and garlic and cook slowly without colour.
2. Add the leeks, stir around and place lid on the pan, cook for 5 mins on a low heat.
3. Place the chopped potatoes in the pan.
4. Pour in the water, stir in the stock powder, bring to the boil, place the lid on the pan and simmer for 10 mins.
5. Chop 1/3 smoked haddock add to the pan and stir gently replace lid, season with black pepper.
6. Place the remaining smoked haddock in a small earthenware dish with the milk and cover with foil, put in oven for 5mins on 200° C .
7. Remove from the oven, pour the milk into the saucepan and stir in replace the lid and simmer for a further couple of mins.
8. Remove the saucepan from the heat, stir in the yogurt.
9. Place the mixture into a bowl, place the smoked haddock on top of the mixture and sprinkle with chopped parsley.

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