

Smoked Cod Kedgeree

Ingredients

Serves 6

- 1 ½ cups basmati rice
- 2 cups (500ml) milk
- 2 dried bay leaves
- 6 peppercorns
- 600g Thawed Smoked Cod Fillets
- 1 tbsp vegetable oil
- 1 brown onion (finely chopped)
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1 tsp curry powder
- 1 green chilli (halved, seeded, thinly sliced)
- 1 cup frozen peas (thawed)
- 1 lemon, juiced
- 2 Free Range Eggs (hardboiled, quartered)
- ½ cup coriander sprigs



Method

Prepare rice following packet directions. Refresh under cold running water. Drain and set aside to cool completely.

Place milk, 1 cup (250ml) water, bay leaves and peppercorns in a large saucepan over medium-high heat and bring to the boil. Reduce heat to low. Add the cod and poach for 5 mins or until the fish flakes with a fork. Transfer cod to a plate and set aside to cool slightly. Flake into large pieces. Discard the poaching liquid.

Meanwhile, heat oil in a large frying pan over medium heat. Add the onion and cook, stirring, for 3-5 mins or until soft. Add garlic, cumin, coriander, turmeric, curry powder and half the chilli. Cook, stirring, for 2 mins or until aromatic. Add rice, peas and lemon juice and cook, stirring, for 5 mins or until well combined and heated through. Add cod, egg and coriander and gently toss to combine. Season with salt and pepper.

Top with remaining chilli to serve.

Cooking tips and more recipes at

westcoastseafood.com.au