

Cullen Skink

Ingredients

- 250g Smoked Haddock
- 150g Chopped Onion – 1 Medium
- 400g Diced Potato – 2 Medium
- 250ml Semi-Skimmed or full-fat milk
- 500ml Water
- 1 Medium Spring Onion
- Black Pepper
- Knob of butter or splash of Extra Virgin Olive Oil

Options

- This is a pretty traditional recipe, and I really don't have many variants of this.

Equipment

- Sharp knife
- Potato Peeler
- 2 Large Saucepans
- Spatula

Preparation

- Get the ingredients and equipment to hand
- Remove the skin from the smoked haddock. Some recipes say to remove the skin once the haddock is cooked. If that's what you prefer then go for it!
- Peel and dice the Potato
- Dice the onion
- Slice the spring onion

Method

Add the butter or oil to a large pan and put over a medium heat to soften the onions. About 5 minutes.

Add the water and potato to the pot and simmer for 15 minutes.

Meanwhile, add the milk and haddock to the second pan. Bring to the boil and simmer for 5 minutes.

Using a slotted spoon, scoop out the haddock and put in a bowl. Use a couple of forks to split (flake) the haddock. This is the last chance to remove any remaining fish skin.

Keep the milk as you will need that in a few minutes.

Once the potato is cooked but not too soft, throw the haddock in the potato pot, adding the milk and the spring onion.

Return to the boil and simmer for a further 5 minutes.

Taste and season as required. Probably does not need salt but a little black pepper works for me.



Portions

Number of portions	4
Final Portion Size	275g
Storage Container	Large Plastic

Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably thawed overnight before heating.

If you heat on the stove top, be sure to thaw first, or stick in the microwave for a few minutes to start the defrost.

You can add extra milk or water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes

There are no special techniques or principles at play in this recipe. It's a much-simplified version of the traditional method as I use less smoked haddock. This gives a much milder taste suitable for inclusion in Marion's Meals.