

Hot Smoked Salmon Kedgeree with soft poached eggs

You will need

300g brown basmati rice
1 tbsp vegetable oil
1 large onion, finely chopped
12 green cardamom pods split open
¼ tsp turmeric
10cm piece cinnamon stick
3 fresh bay leaves
600ml chicken stock
300g hot smoked salmon
3 tbsp chopped fresh parsley
1 tsp white wine vinegar
4 fresh medium eggs

Alternatively you could use Natural Oak Smoked Haddock or Natural Hot Smoked Mackerel

1. Cover the rice with water and leave to soak for 10 minutes. Meanwhile, heat the vegetable oil in a large saucepan. Add the onion and cook gently over a medium heat for 5 minutes, until soft but not browned. Add the cardamom, turmeric, cinnamon and bay leaves and cook for 1 minute.
2. Drain rice, add to the pan and stir well. Add the stock and a little seasoning bring to the boil and stir once to release any rice from the bottom of the pan. Cover with a lid, reduce the heat to low and cook gently for 30 minutes.
3. Uncover the rice and remove the bay leaves, cinnamon and cardamom pods. Gently fork in the hot smoked salmon, cover again and return to low heat for 5 minutes or until the fish is heated through. Gently stir in the parsley and season to taste. Keep warm whilst preparing the eggs.
4. Divide the kedgeree between warmed plates, top with a poached egg and serve immediately.