

KEDGEREE

Serves 2-4

EQUIPMENT

Weighing scales
Mixing bowl
Colander
3 saucepans
Kettle
Mixing bowl
Measuring jug

INGREDIENTS

200g rice
500g boneless and skinless cod, salmon or haddock
4 eggs
3 tbsp chopped fresh coriander
Zest of 1 lime
1 tbsp olive oil
1 ½ tsp garlic, peeled and chopped
1 tsp chopped ginger
1 medium onion, peeled and chopped
1 tsp curry powder
¼ tsp turmeric
1 tsp ground cumin
½ tsp ground coriander
200ml double cream

METHOD

Assemble all the ingredients and equipment you will need to make the KEDGEREE. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

1. Wash the rice thoroughly and leave to soak in a saucepan for 10 minutes.
2. Drain the rice and then cook according to the instructions on the packet. Drain the rice and set-aside.
3. Put the eggs into a saucepan and cover with boiling water. Cook for 10 minutes, run the pan under cold water until the eggs are cool. Peel and roughly chop the eggs and put into a mixing bowl with the chopped coriander.
4. Place the fish into a large saucepan with 300ml water or enough to half-cover the fish.
5. Bring the water to a simmer and gently poach the fish for 10 minutes over a low-medium heat.
6. Allow the fish to cool slightly and drain but keep the water (stock) that the fish was cooked in.
7. When the fish is cool enough, gently break it into flakes making sure you check for any bones.
8. Put the fish flakes into the bowl with the eggs and add the lime zest.
9. In a clean large saucepan, heat 1 tbsp olive oil and fry the onions, garlic and ginger for 1-2 minutes over a medium heat until soft and light in colour.
10. Add the dried herbs and spices to the pan and cook for another minute.
11. Add 300ml of the reserved fish stock. If you don't have 300ml fish stock you can top it up to 300ml with water.

12. Bring to the boil for 1-2 minutes, reduce the heat and add the cream. Simmer for 2-3 minutes
13. Add the rice and the fish and egg mixture.
14. Gently warm through and mix. Check the seasoning and if required add a pinch of salt and pepper.

Make sure you use oven gloves at all times when you are using the oven or handling hot dishes/utensils

Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.

Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!!

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