

Smoked Salmon and Kipper Kedgeree

25g/1oz butter
½ medium sized onion, finely chopped
1tsp medium curry powder
100g/4ozs basmati rice
300ml/½ pint water
2 kipper fillets
100g smoked salmon
1 green chilli, finely chopped, optional
Salt and freshly ground black pepper
Lemon juice
2 hard-boiled eggs, peeled and quartered
A large handful fresh flat leaf parsley or coriander finely chopped

Method:

1. Melt the butter in a heavy based pan and fry the onion until soft and transparent. Add the curry powder and fry for another minute. Stir in the rice and coat well with the buttery mixture.
2. Pour in the water and season with salt and ground black pepper. Bring to the boil and boil rapidly until little craters appear on the surface. Cover with a piece of tin foil and a tight fitting lid and remove from the heat. Leave to stand for 10 minutes.
3. Meanwhile, lay the kippers in a shallow dish and cover with boiling water. Leave to stand for 1 minute, pour away the water and leave the kippers to cool. Remove the skin and any remaining bones and break the kippers into chunky pieces. Slice the salmon.
4. When the rice is ready, loosen with a fork and gently stir in the fish, the parsley and chilli. Season with a little salt and plenty of ground black pepper and lemon juice. Re heat if necessary. Spoon into a serving dish and decorate with the hard-boiled egg and extra parsley. Serve with a green salad and crusty bread.