



CULLEN SKINK

Ingredients

500 g cold Smoked North Sea haddock
1 large potato, diced
1 large onion, sliced
1/2 leek, sliced
1 tablespoon lemon flavoured local rapeseed oil or olive oil
50 g butter
350 g full milk/cream mix
350 g fish stock
1 fresh bay leaf
White pepper

Flaked Arbroath Smokies can be added at the end (hot smoked)

Method

- Heat a pan then add the oil and melt the butter, sweating off the sliced onions and leek until soft and without colour
- Add the potato, fish stock and bay leaf and then cook until the potato is tender
- Pour in the milk/cream mixture and half of the smoked fish flaked
- Bring to a gentle simmer and remove the bay leaf before blending to a smooth consistency
- Season to taste then add the remaining fish until cooked
- Decorate lemon rapeseed oil if required
- Season to taste with pepper and salt if needed

Alternatively, you can keep this soup 'Chunky' without blending it

Lesley Gillespie
Slow Food Chefs Alliance