

NUTRITION: Lazza's Kitchen Adventure

Cullen Skink

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Cullen Skink from scratch**

This soup is a local speciality, from the town of Cullen in Moray, on the northeast coast of Scotland. It is often served as a starter at formal Scottish dinners but is also widely served as an everyday dish across the northeast of Scotland. In 2012 a Guardian columnist described the dish as "the milky fish soup which has surely replaced your haggises and porridges as Scotland's signature dish".

Ingredients

50g Unsalted Butter
Finely Chopped Onion
300g Peeled and Cubed Potatoes (or more)
300g Smoked Haddock
250ml Whole Milk
Little bit of Double Cream (if you want)
Chopped Parsley
Pepper to taste

Melt the butter in a saucepan over a medium heat.
Add the onion and fry for 5-8 mins until translucent but not browned.
Add the potatoes and 300ml water and bring to the boil.
Reduce the heat slightly and simmer for 10-15 mins.

Meanwhile, put the haddock in another pan and cover with the milk.
Cook gently for 5 mins, or until just tender.
Remove the haddock from the milk with a slotted spoon (reserving the milk),
transfer to a plate and leave to cool slightly.
When cool enough to touch, flake into large pieces, removing any bone.

Put the reserved milk and flaked haddock in the pan with the potato mixture.
Add cream, if you want, and cook for another 5 mins.
Season and sprinkle over the parsley to serve.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty dish to prepare.**