



CULLEN SKINK

Ingredients:

- 700ml milk
- Small handful flat leaf parsley (leaves and stalks separated), chopped
- 1 bay leaf
- ½ kilo smoked haddock fillet (not dyed)
- 65 gms low fat spread
- 1 medium onion (finely chopped)
- 250 gms mashed potato (leftover or cooked)
- Pepper to taste

Method:

1. Pour the milk, parsley stalks, bay leaf, and haddock into a large, roomy saucepan
2. Bring the milk to a gentle boil and simmer for 3 minutes
3. Remove the pan from the heat and leave for 5 minutes for the herbs to infuse their flavour into the milk
4. Remove the haddock from the milk with a slotted spoon and put to one side
5. Strain the liquid through a fine sieve and reserve the herb-infused milk
6. Heat the low fat spread in another, smaller saucepan. Add the onions and cook gently until translucent - about 5 minutes. Be careful not to burn them
7. Add the milk and the potato to the onions and stir until incorporated and a thick, creamy consistency
8. Flake the smoked haddock into meaty chunks, taking care to remove any bones you may find and add to the soup
9. Add the chopped parsley leaves to the soup and bring to a gentle simmer and cook for a further 4 to 5 minutes. Do not over stir. If over stirred then you will break up the fish too much
10. Taste the soup and pepper as needed
11. Serve hot with crusty bread

