



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early January 2021

Kedgeree risotto

This recipe brings together the cosiness of a risotto with the mild spice of a traditional kedgeree. It also contains both fish and eggs giving you double protein and plenty of veg too. This recipe is like a hug in a bowl and will keep you going all afternoon.



Ingredients

4 fillets smoked fish
1 litre vegetable or fish stock (made with a stock cube or bouillon is fine)
2 bay leaves
2 tbsp butter
1 tbsp oil
½ tsp each of ground cumin, coriander and turmeric OR 1 tsp mild curry powder
300g arborio risotto rice
1 onion, diced
2 stalks celery, diced
1 large or 2 small leeks, washed and diced
150g frozen peas
4 eggs
Salt and pepper

To garnish- fresh parsley

To serve- a wedge of lemon

Serves 4

You will need- three pans (one large enough to hold everything- I use a deep wok but a saucepan is fine too), a chopping board, a knife, a wooden spoon or spatula, a ladle or large spoon, a jug.

Method

1. First we'll poach the fish in the hot stock. Place the fish in a saucepan and stock, bay leaves and a good grind of black pepper. Bring to a gentle simmer and poach until the fish is cooked- it should easily come apart with the touch of a knife and should take around five minutes, depending on the thickness of the fillets. Remove the fish from the liquid and keep warm.
2. In the large pan heat 1 tbsp butter and 1 tbsp oil and then add the diced onion, celery and leek with a small pinch of salt. Cook gently until the vegetables are starting to soften.
3. Turn the heat up a little and add the rice, move it briskly around the pan for a minute or so letting it sizzle and toast a little.
4. Add a ladle of the hot stock and stir until the liquid is absorbed. Keep adding the stock a ladle or two at a time and letting it absorb. You need to stir regularly to stop the rice from catching but it doesn't need to be constant. When the rice is nearly ready (still a little hard when you test a piece) add the frozen peas. Keep adding hot stock and stirring (If you need more liquid use boiling water). This whole process should take around 20 minutes.
5. Meanwhile in the remaining pan (or washed first one) bring water to the boil for the eggs. Gently lower four eggs into the water and simmer for ten minutes until hard boiled. Remove from the water, run under the tap to stop them cooking.
6. When the rice is cooked add the fish to the rice and give everything a good mix. Finally add the remaining tablespoon of butter and give the pan a final stir. Turn the heat off and cover the pan with a lid for 4-5 minutes (or a baking tray or saucepan if you don't have one!) This final rest allows the rice to become even more creamy.
7. Peel the eggs and chop into quarters lengthways (or as you like), chop some fresh parsley.
8. Serve the risotto with the eggs and parsley on top and an optional wedge of lemon.