

Smoked Mackerel Kedgerree

- 1 tbsp ghee/oil - I used coconut oil
- 8 whole cloves
- 5 green cardamon- bashed
- 1 cinnamon stick
- 1 bay leaf
- 1 tsp. ground turmeric
- 1 tsp. sea salt
- 1.5 cups basmati rice
- 3 cups boiling stock
- 3/4 large eggs
- 1 onion, sliced
- 3 cloves of garlic, grated
- 2 inch chunk of ginger, peeled, grated and chopped
- 1 tsp. ground cumin
- 1/2 tbsp. garam masala
- 1/2 tsp. chilli powder
- 4 smoked mackerel fillets- flaked into chunks
- 5 roasted peppers, sliced- you can use fresh red pepper add this when cooking the onions
- 20g parsley, chopped
- 1 lemon

Method

- Prepare the rice in advance, it is better if you give this 40 minutes to cook and steam.
- Heat a tablespoon of the ghee/oil in a saucepan with a lid.
- Add the cloves, cardamon, cinnamon stick, bay leaf, turmeric and salt.
- Stir well then add the rice and coat each grain with the oil and spices.
- Add the stock, stir together then place the lid onto the pan and reduce the heat to a simmer.
- Cook, covered for 20 minutes, do not remove the lid during this time.
- After 20 minutes, turn the heat off and leave the rice still covered for another 10-15 minutes.
- At this point you can start to prep the rest.
- Boil the eggs, I like mine to have a slight runny yolk. Set aside.
- Heat the remaining ghee/oil, and cook the onions gently until softened, add the ginger and garlic and cook for another few minutes.
- Add the garam masala, cumin, chilli powder and mix well.
- Remove the spices from the top of the rice and fluff the rice with a fork.
- Empty into the pan with the spiced onion mix and stir well.
- Add the mackerel and mix through.
- Add the roasted peppers and parsley, and squeeze in juice from half of the lemon.
- Keep the heat low to warm everything.
- Serve with egg wedges, lemon wedges and an extra sprinkle of parsley.
- You can also serve with my coriander dip see below for recipe.

Coriander Yoghurt Dip:

- 1 clove garlic, peeled
- handful of coriander stalks, you can use some leaves too
- 200ml natural greek yoghurt
- 1/2 tsp. sugar

Method:

- Using a blender, blend the garlic, coriander and a spoonful of yoghurt to create a smooth liquid.
- Place into a bowl and add the remaining yoghurt and the sugar.
- Serve drizzled over the kedgerree