

Cullen Skink



With Smoked Haddock



Servings: 2

Prep time: 20 min

Cook time: 30 min

INGREDIENTS

250 grams (8.5oz) Smoked Haddock
150ml cold water
250ml whole milk
1 bay leaf
1 Small onion
2 Spring onions or chives for garnish
1 Leek
400 grams potato
1 tablespoon Butter
Your favorite bread side serving
Salt & Pepper to season
alternate: Mara Seaweed Shony Flakes
or Celtic Seasalt Seaweed Seasoning

You will have to order:

Smoked haddock is not usually found in the local grocery stores. Online resources include:

<https://www.scottishgourmetusa.com/product/scottish-smoked-haddock-for-sale/scottish-smoked-fish>

<https://www.mainelobsternow.com/fish/haddock>

<https://www.thescottishgrocer.com/pages/seafood>

<https://www.stoningtonseafood.com/shop/>

DIRECTIONS

PREP: Thaw the fish. Chop potato into squares/small chunks. Chop leek and onion. Measure out milk and make sure cold water is on the ready.

Place smoked haddock in a pan over medium heat. Cover with 150ml cold water and add the bay leaf. By the time the cold water comes to boil, the fish will be cooked. With a slotted / slat ladle, remove the fish and set aside. **Save the stock.**

Saute the chopped onion and leek in butter. Soften but do not brown them. When onion and leek are soft, put the potato and leek/onion/butter into the haddock stock. Simmer until potato is tender.

While the potato is simmering, remove the skin/ bones from the haddock and break into chunky flakes. Split the fish flake amount in half, set each aside.

When potato is tender, remove half the leek/onion and potato from the pot and set aside. Add back half of the haddock and mash roughly or puree in a processor - whatever texture you prefer. Add seasoning of your choice to taste.

Return the mashed mix into the soup stock, stir to mix and then ladle into the serving dishes. Top with a serving of chunky mix of remaining fish, potato, onion and leek. Garnish with parsley or spring green onions. Serve hot with a side of your favorite bread.

TOOLS : Two saute/fry pans, x1 slotted ladle, x1 solid ladle, x2 bowls for setting aside ingredients between stages of cooking.



This fish soup originates from the town of Cullen in Moray on the NE coast of Scotland. My mother's ancestor John Dingwell married a Boyd in Morayshire and lived for decades crofting in the Highlands before they emigrated to PEI on the John & Elizabeth in the summer of 1775 .