

Smoked haddock & pea risotto Poached duck egg

Ingredients

Serves 3-4 as main course

500ml stock vegetable, chicken or fish

2 large shallots finely chopped

3tbsp olive oil

200g arborio or carnolli rice

1tbsp caster sugar

1tbsp sherry vinegar

50g grated Parmesan

2 smoked haddock fillets bone removed and diced

50g frozen peas

2tbsp creme fraiche

Put the stock into sauce pan and bring to the boil and set aside

In medium sauce pan sauté the shallot in the oil for 2-3 mins till soft

Add the sugar and vinegar reduce to syrup

Add the rice and toast for 1 Min

Add 1/4 of the smoked haddock and then add a ladle of the stock

At a time stirring well adding more when each ladle has been absorbed cook until soft to touch about 10-15 min

To Finish add the remaining haddock and warm through, then add the peas creme fraiche and grated Parmesan correct the seasoning

Poached duck egg

Half fill a widesauce pan about 10cm deep with unsalted water add 3 tbsp of white wine vinegar and bring to the boil

Break eggs into ramikin or small bowl and tip gently into the water where the water is bubbling repeat with the other eggs but do not poach more than 4 at a time poach for about 1 min 30 sec

Use a slotted spoon to lift out the first egg and press the outside to check if cooked if ready drain onto j cloth and season with salt & pepper

To plate

Place risotto in bowl put the egg on top in the middle garnish with pea shoot fresh shaved Parmesan and lemon oil