

-PROPER- **Foodie**

Cooking | Styling | Eating | Blogging

Salmon Kedgeree with Poached or Boiled Eggs

<http://properfoodie.com/kedgeree-with-poached-eggs/>

Turmeric spiced rice with aromatic herbs, beans and flakes of bright pink salmon, finished with boiled or poached dippy eggs

Ingredients:

2 tbsp Rapeseed/olive oil
2 Salmon fillets
125g long grain rice
1 red onion diced
5 spring onions roughly chopped
1 garlic clove finely chopped
2cm piece of fresh ginger finely chopped
100ml white wine
3 cardamom pods crushed
1/2 tsp onion seeds
1/2 tsp turmeric
1/2 tsp garam masala
500ml veg stock
1 red chilli finely chopped
Juice of 1 lemon
1 tin broad beans
Handful fresh parsley chopped
Handful fresh coriander chopped
2 eggs



Method:

First, heat the oven to 180 degrees C. Place the salmon fillets in the centre of a piece of foil, drizzle with oil and season. Loosely wrap the foil around the fish and bake in the oven for 15-20 minutes. Next, heat up a tablespoon of oil in a wok or large frying pan. Add the red onion and gently cook for 2 minutes.

Once the onion has started to soften pour in the uncooked rice and stir well to coat each grain with the oil. Whilst continuing to stir add the garlic, ginger, cardamom pods, turmeric, garam masala and onion seeds. Stir well to ensure the rice is coated with the spices. Add the white wine to the pan and bring to the boil, allowing the wine to soak into the rice. Once the wine has reduced by at least half, pour in the stock, add the spring onions, bring to a simmer and cover with a lid. Leave to cook for around 10 minutes, checking and stirring occasionally.

While the rice is cooking, boil a small pan of water then bring to a simmer and poach the 2 eggs by cracking directly into the water. Poach for around 3-4 minutes then plunge into a bowl of cold water to stop the cooking process. When ready to serve place the eggs back into boiling water for 30 seconds in order to reheat.

If you prefer the eggs can be boiled in the shell for around 6 minutes, then peeled and sliced into quarters.

After the rice has been simmering for 10 minutes, check it is cooked then remove the lid and add the broad beans, red chilli and lemon juice. Stir well and cook with the lid off for a further 2 minutes. Flake the cooked salmon and remove the pan from the heat. Add the salmon to the rice along with the parsley and coriander. Stir gently then serve up along with the eggs.