



## Cullen Skink

INGREDIENTS - serves 4-6

300g smoked haddock, skinned, cut into chunks  
300g / 1 and 1/2 cups drained, blended sweet corn  
5 medium floury potatoes, peeled, diced  
3 cloves garlic, crushed  
1 medium onion, finely chopped  
2 tbsp double cream  
1 tsp fresh or dried dill  
1 tsp fresh or dried parsley  
600ml veg, fish or chicken stock  
6 tbsp dried milk powder or use fresh whole milk  
2 tbsp Dijon mustard  
Knob butter  
1 tbsp olive oil  
Salt and pepper

### METHOD

- Soften potatoes, garlic, onion in oil and butter with salt and pepper in a large saucepan for 15-20 mins. Do not allow to brown.
- Add stock to the pan, bring to boil, simmer 15 mins. Remove from heat.

- Add the blended sweet corn.
- Mix up milk powder with water to consistency of thick cream. Add to pan.
- Add Dijon mustard, dill, parsley, salt and pepper if needed and the cream. Stir and simmer 5 mins. Remove from the heat.
- Add the fish and cover the pan. Leave for 20 mins.
- Eat with a hearty bannock or crusty loaf or Refrigerate. Even better the next day!
- Keeps for 2 days in fridge and will freeze but the potatoes lose their texture.