

# MODERN CULLEN SKINK

Recipe by Mark Greenaway



 Serves 4

## Ingredients

- 2 litres of full fat milk
- 4 fillets smoked haddock (de-boned)
- 2 leeks
- 20 pearl onions
- 2 large Maris piper potatoes (peeled)
- Dill to garnish
- Chives to garnish
- 2 dessert spoon of caviar (optional)

- 1 Cut 4 large diamond shapes from the haddock fillets and set aside. Chop the remaining haddock into small pieces.
  - 2 Cut the potatoes into large rectangles (big enough to sit the diamond of haddock on).
  - 3 Cut the rest of the potatoes into small dice.
  - 4 Slice the white of the leek into 20 rounds and set aside. Dice the remainder of the leek and set aside.
  - 5 Blanch the peeled pearl onions in a little salted water until just cooked, keep warm.
  - 6 Blanch the large rectangle of potato in boiling salted water until just cooked (keep warm).
  - 7 Put the milk, diced leeks, haddock and small diced potatoes in a heavy based pan and simmer for about ten minutes. Once tender and cooked, blend until smooth and keep warm.
  - 8 Meanwhile place a teaspoon of olive oil in a non stick pan and cook the haddock diamonds on the nicest looking side first until cooked halfway through. Add the leek rounds to the pan and cook until the fish is completely cooked and the leeks nicely coloured.
  - 9 Check the milk mixture for seasoning and season to taste.
  - 10 Assemble and garnish on deep plates, serve the soup mixture separately and let your guests pour themselves.
- Tip** - I serve this with a small quenelle of caviar on top of the haddock to add a little something special.

Every year in Scotland we throw away around £1 billion worth of food, costing the average household £38 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites to make the most of your dairy products.



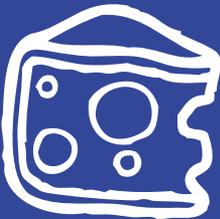
### Top Tips

Store your dairy products in the fridge. Keeping your fridge cool, below 5 degrees, will keep them fresher for longer.

Wrap cheese well after opening to stop it drying out.

Keep an eye on 'use-by' dates. Milk, yoghurt, cheese and butter can all be frozen for later.

Grate hard cheeses before freezing to use straight from the freezer on pizzas, omelettes and pasta bakes.



### Lovely leftovers

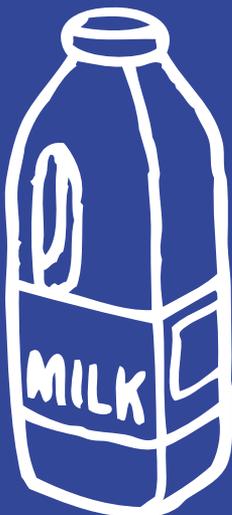
Leftover yoghurt tastes great on cereal and added to smoothies.

Add cream that needs using up to curries, and use up crème fraiche in pasta sauces.

### Did you know?

Leftover cream can be frozen, just whip it first!

For handy tips and recipes to help reduce food waste, visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com) or find us at [facebook.com/lovefoodhatewastescotland](https://facebook.com/lovefoodhatewastescotland)



**LOVE**  
**FOOD**  
hate waste