

FINNAN HADDIE RISOTTO WITH POACHED EGG

Recipe by John Quigley



 Serves 4 very generous portions

Ingredients

400g Arborio rice

2 litre chicken stock (allow a little more depending on variety of rice and heat of pan)

600g fillet of Finnan Haddie, skinned and diced

175ml of Noilly Prat/Dry vermouth (optional)

1 medium size leek finely diced

75g unsalted butter

50g finely grated parmesan or more to taste

Zest of half a lemon

Large handful of frozen peas

Large handful of fresh spinach

Small handful of chopped flat leaf parsley

4 free range eggs

- 1** Bring chicken stock to boil, add the haddie skin to the stock and reduce to a simmer.
- 2** Sweat leek in 50g of butter in a wide heavy based pan till softened but not coloured.
- 3** Turn up the heat, add rice and stir until each grain is coated in butter and warm. Add vermouth and stir until absorbed.
- 4** Start adding stock ladle by ladle, allowing each ladle to be absorbed into rice.
- 5** After approx 15 minutes add the diced haddie and continue cooking, stirring gently all the time.
- 6** Add peas, spinach, lemon zest, the remaining butter, parmesan and parsley, stirring gently but thoroughly to incorporate all ingredients.
- 7** Bring a pot of salted water to the boil and crack in the eggs, one at a time. Bring to a steady boil and poach for 3–4 minutes. Remove with a slotted spoon and drain on kitchen paper.
- 8** Divide the risotto between 4 plates, top with an egg and pass around some extra parmesan.

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 meat and fish.

Meat and Fish

Freeze for later

Buying large quantities of meat or fish can often be economical, just divide up the big packs into smaller portions and freeze.

For a quick supper, cut raw meat into thin strips or chunks before freezing, it will defrost in no time and is great for stir-frys and curries.

Lovely leftovers

Often small portions of meat are left over from last night's supper. Why not keep that odd portion of pie, curry or stew to have as a tasty lunch the next day?

Cooked meat and fish will keep for two days in the fridge, just cool quickly and wrap well.

Flake leftover fish into scrambled eggs for a delicious breakfast or mix with cream cheese or mayonnaise for a quick pâté.

Did you know?

If you defrost raw meat and then cook it thoroughly, you can freeze it again. Take care to defrost thoroughly in the fridge and re-heat until piping hot.

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com or find us at facebook.com/lovefoodhatewastescotland


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FOOD
hate waste**

