

Arbroath smokie chowder

Ingredients

- 175g/6oz smoked haddock
- 1.2 litres/2pt light stock (e.g veal stock)
- 1 onion, finely chopped
- a pinch mace
- 1 bay leaf
- 1 stick celery, diced
- 3 medium potatoes, diced
- 55g/2oz butter
- 40g/1½oz flour
- 15-30g/1-2 tbsp oatmeal
- 290ml/½ pint milk
- 1 Arbroath smokie
- sorrel to garnish

Preparation method

1. Place the smoked haddock in a pan with the stock, bayleaf and mace. Simmer for 5 minutes until the fish flakes. Flake the fish and set aside, reserving the stock.
2. Melt the butter and sauté the onion and celery, add the flour and cook for 2-3 minutes. Add the reserved fish stock and bring to the boil. Add the oatmeal and simmer for 10 minutes. Add the potato and fish and cook until the potatoes are tender (8 minutes).
3. Add the Arbroath smokie flesh and milk and season well.
4. Garnish with shredded sorrel lightly sautéed in butter.

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 4

By Fiona Bird
From MasterChef

A variation on the classic smoked haddock chowder, this Scottish soup is perfect for cold winter nights.