

SPOTLIGHT RECIPE



CULLEN SKINK (SCOTTISH SMOKED FISH AND POTATO SOUP)

- Cover the fish with water in a shallow pan. Bring to a boil and simmer for 5 minutes, turning once.
- Remove the fish from the pan and let cool slightly. Break into small pieces/flakes and remove any skin and bones.
- Return the fish to the water. Add the chopped onion, bay leaf, salt and pepper.
- Simmer for 15 minutes. Strain, discard the bay leaf, but retain the stock and the fish.
- Add the milk to the fish stock and return to a boil. Add the mashed potatoes.
- Add the fish back to the soup and reheat. Check the seasoning.
- Add the butter in small pieces and stir into the soup.
- Serve with the chopped parsley on top.

Ingredients

Servings: 6

- 2 pounds smoked whitefish
- 1 cup water
- 1 onion, chopped
- 1 bay leaf
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 pints whole milk
- 8 ounces mashed potatoes, fresh
- 2 tablespoons softened butter
- 3 tablespoons fresh parsley, chopped

Side dishes

- Spinach-and-Beet Salad With Walnuts
- French Bread

