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North Street Bedminster/Southville

North Street Cullen Skink (*haddock soup*)

Serves 4–6

Ingredients

A large smoked haddock
(weighing around 900g/2 lb)
1 medium onion, finely chopped
1½ pints/900ml milk
2 tablespoons butter
225g/8oz mashed potato
Salt and pepper
1 bay leaf
Chopped parsley
Water
Triangles of toast

Method

Cover the smoked haddock with water in a shallow pan, skin side down. Bring to the boil and simmer for 4–5 minutes, turning once. Take the haddock from the pan and remove the skin and bones. Break up the fish into flakes, return to the stock and add the chopped onion, bay leaf, salt and pepper. Simmer for another 15 minutes.

Strain, remove the bay leaf but retain the stock and fish. Add the milk to the fish stock and bring back to the boil. Add enough mashed potato to create the consistency you prefer. Don't be afraid to make it rich and thick!

Add the fish and reheat. Check for seasoning. Just before serving, add the butter in small pieces so that it runs through the soup. Serve with chopped parsley on top, accompanied by triangles of toast.

Where you could buy the ingredients From many independent traders in the area including Fishminister, Ashton Fruit Shop, Southville Deli, and the Tobacco Factory Market (Sundays).