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Smoked haddock custards

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Prep time: 10 min

Cook time: 20 min

Serves: 4



Ingredients

- 150g undyed smoked **haddock**, skin on
- 200ml whole **milk**
- 1 **bay leaf**
- 1 tsp dijon **mustard**
- 1 tsp Gentleman's relish
- 1 **egg**
- 1 egg yolk
- **butter**, to grease the ramekins

To serve

- 4 slices buttered toast, for soldiers
- **chives**, chopped
- ground **nutmeg**

Method

1. Poach the haddock in the milk with the bayleaf in a shallow pan with a lid for 3-4 minutes at a gentle simmer. Cook until the skin comes away from the flesh but the flesh isn't quite cooked through.
2. Remove the poached fish from the milk (reserving the milk) and flake into smallish pieces. Discard the bay leaf.
3. Mix together the mustard and 1tsp of gentleman's relish in a bowl. Add the eggs and mix well, seasoning. Pour the poaching milk into the egg mixture, whisking as you do so to combine well.
4. Divide the poached haddock between 4 buttered ramekins and then top with the milk mixture. Place a trivet in a large saucepan and cook the ramekins in a single layer on top of the trivet with hot water poured around the outside until it comes up to the bottom of the ramekins. Cook for approximately 8 -10 minutes on a gentle simmer or until they have set but retain a good wobble when moved.
5. Serve warm with buttered soldiers and garnish with chives and a sprinkling of nutmeg.