

# BUCKWHEAT KEDGEREE

Kedgerie is an Anglo-Indian rice dish, generally served at breakfast time. I've turned it into a kind of breakfast risotto by using nutty, wholesome buckwheat. Instead of the traditional haddock, I use smoked trout but you can use any smoked fish, or even smoked mussels if you like them!



**Serves:** 2

**Time:** 40 minutes



## INGREDIENTS

1 litre water  
2 eggs  
50 grams butter, chopped  
180 grams buckwheat, raw or activated  
2 tps curry powder  
(Vadouvan is great!)  
½ tsp powdered ginger  
150 grams smoked trout  
80 grams peas, frozen or fresh  
1 lemon  
salt and pepper  
a few sprigs dill, finely chopped  
100 grams crème fraiche



## METHOD

1. Pour 500 grams water into mixing bowl and eggs into simmering basket. Set basket into position and cook **12 min/Varoma/speed 1**. Remove simmering basket and set eggs aside in a bowl of cool water. Tip water out of mixing bowl.
2. Place butter and buckwheat into mixing bowl. Toast for **8 min/Varoma/speed 1.5**.
3. Add curry powder, ginger and 500 grams water. Loosen buckwheat with spatula and cook **14 min/100°C/speed 1**. Peel the eggs while buckwheat is cooking then return them to a bowl of cool water.
4. Add most of the trout (save some for garnish), the peas, a good squeeze of lemon juice and salt and pepper. Mix for **3 min/90°C/Reverse/speed 1**. Taste for salt, pepper and lemon juice, adding more if desired.
5. Stir dill through crème fraiche in a small bowl, reserving some for garnish. Chop eggs in half. Place kedgerie into serving bowls or a platter. Garnish with eggs, herbed creme fraiche and lemon zest.

### Tip

- Kedgerie can be made ahead and reheated but it's nicest fresh. If reheating, place in the steamer basket and place 500 grams of water in mixing bowl. Heat **10 mins/Varoma/speed 1**, or until at desired temperature.

### Variation

- Use any smoked fish or even ham, if you prefer.
- This recipe can be doubled: just stir it after 7 minutes of cooking time at step 3, then continue for 7 minutes.



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### SHOPPING LIST:

- Eggs (2)
- Butter (50 grams)
- Buckwheat, raw or activated (180 grams)
- Curry powder (2 tsps)
- Powdered ginger (½ tsp)
- Smoked trout (150 grams)
- Peas (80 grams)
- Lemon (1)
- salt and pepper
- Fresh dill sprigs
- Crème fraiche (100 grams)



### NOTES & TIPS: