

'What's Cooking!' Recipe Cards

CULLEN SKINK

**Food Fact:-**

A traditional soup originating from the little fishing village of Cullen on the Moray Firth in Scotland. Skink is a word for soup. It can be varied by adding bacon, vegetables or using a mixture of smoked and white fish.

Serves 4-6

Preparation time 8 mins

Cooking time 10 mins



CULLEN SKINK

Ingredients

1. Pour the oil into microwavable dish, add the onion and celery and cook on HIGH for 2 minutes.
2. Add the potatoes and cook on HIGH for 10 minutes or until the potatoes are cooked.
3. Add the stock, the fish, milk/soya, black pepper, and 3 tbsp parsley. Heat on MEDIUM for 3-4 minutes.
4. Add the yoghurt and sprinkle with the remaining parsley and serve with crusty brown bread.

340g (12oz) smoked fish, fresh or defrosted, skinned and cubed
45ml (3 tbsp) cooking oil
1 onion, finely chopped
1 stick celery, finely chopped
225g (8oz) potatoes, peeled and diced
300ml (10 fl oz) hot fish or vegetable stock
425ml (15 fl oz) low fat milk or soya substitute
black pepper
4 x 15ml spoon (4 tbsp) fresh chopped parsley
3 x 15ml spoon (3 tbsp) yoghurt