



Care for a curry, 22 Drumsheugh Gardens, Edinburgh EH3 7RN. Telephone: 0131 243 1453 • Facsimile: 0131 243 1450
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Kedgeree

Serves 3-4 people

Ingredients

Pack of assorted seafood, pre-cooked

1 salmon steak, cubed

2 hard-boiled eggs

1 onion

1 clove garlic

1/4 pint chicken stock

4 oz basmati rice, cooked

1 tspn turmeric

1 tspn curry powder

1 tspn nutmeg

2 tblspns crème fraîche

2 tspns sunflower/vegetable oil

Method

Pre-heat oven to 180 degrees C. Fry onion and garlic in oil, but be careful not to brown them. Add crème fraîche and stock, being sure to stir through thoroughly, and then add fish. Add cooked rice and spices. Put in oven for 30 minutes. Serve with chopped egg on top.

Submitted by Rachel Guy.

Care for a curry is a fundraising initiative of Alzheimer Scotland • www.careforacurry.org

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