

Mild potato curry topped with smoked haddock and a poached egg

There's no real alternative to smoked haddock, but you could do your own with any thick fillet of white fish brined (see page 203) and smoked (see the technique on page 64).

Serves 4

4 x 100g pieces of smoked haddock fillet

2 tsp white wine vinegar

4 eggs

Sprigs of coriander, to garnish

For the potato curry

700g waxy main-crop potatoes, peeled and cut into 1cm dice

4 tbsp sunflower oil

1 tsp yellow mustard seeds

200g onions, finely chopped ½ tsp turmeric powder

4 tomatoes, skinned and chopped

2 tsp roughly chopped coriander

Salt and freshly ground black pepper

For the potato curry, cook the potatoes in boiling salted water for 6–7 minutes until tender, then drain. Meanwhile, heat the oil in a pan, add the mustard seeds and, when they begin to pop, add the onions. Fry for 7–8 minutes or until the onions are soft and lightly browned. Add the turmeric and potatoes and some salt and pepper and fry for 1–2 minutes. Add the tomatoes and cook for 1 minute. Stir in the chopped coriander, set aside and keep warm.

Bring about 5cm water to the boil in a shallow pan. Add the pieces of smoked haddock, bring back to a simmer and poach for 4 minutes. Lift out with a slotted spoon, cover and keep warm.

Discard the fish poaching liquor, pour another 5cm water into the pan and bring to a very gentle simmer; the water should be just trembling and there should be a few bubbles rising up from the bottom of the pan. Add the vinegar, break in the eggs and poach for 3 minutes. Lift out with a slotted spoon and drain briefly on kitchen paper.

To serve, spoon the potato curry into the centre of 4 warmed plates. Skin the haddock and put on top of the potatoes. Put a poached egg on top of the fish and garnish with the sprigs of coriander.