

Cast Iron Cullen Skink with Trout & Wild Herbs

A rustic, fire-based version on a classic Scottish dish. Cullen Skink is a speciality from the north-east corner of Scotland, originating in Cullen, just up the coast in Moray.

Ingredients (serves 4)

2 tbsp of unsalted butter
1 medium white onion
½ clove of garlic
4 medium sized potatoes, diced
1 wild brown trout fillet
1 smoked haddock fillet
250ml of organic milk
60ml of organic cream
Small handful of spinach (optional)
Wild herbs (if available)
Salt & pepper to taste

Method

Prepare a fire and let it burn down until you have a bed of hot, glowing embers.

Place an iron grill over the embers and refuel the fire to increase the heat.

Carefully lift the cast iron onto the grill and add the butter. Whilst the butter begins to melt, finely chop the white onion and garlic. When the butter begins to sizzle, add the onions and cook until soft - around five minutes. Add in the garlic and cook for a further four minutes, stirring occasionally. Leaving the skin on, finely dice the potatoes and add them to the pan and cook for one minute before pouring in the milk. Place a lid over the cast iron pan and simmer for ten minutes, stirring occasionally. Whilst the potatoes are simmering, roughly slice the trout and smoked haddock. When the potatoes are nice and soft, add the fish and cream and cook for five minutes. When the fish is beautifully soft and tender, add the remaining ingredients and season with salt and pepper to taste. Garnish with wild herbs of your choice and enjoy eating in the open air.

recipe from Wild Kabn Kitchen .