



Smoked Haddock & Leek Risotto

This is an easy to make, lazy risotto that you just leave in the oven to go creamy.

- Knob of butter
- 1 leek, or 2 small ones, chopped as fine or chunky as you prefer
- 300g Arborio rice
- 700ml fish or veg stock (2 stock cubes)
- 250ml milk
- Small tub of low fat crème fraiche
- 375g smoked dyed or undyed haddock/cod, skinned and all bones removed
- 250g of baby leaf spinach (small bag) This seems a lot but it wilts away to nothing
- Big handful or two of frozen peas (defrost in warm water, but don't cook them)
- Grated Parmesan or Pecorino cheese, to your taste (plenty!)

You will need an oven proof dish, stew pot, or whatever has enough space to stir and fit in the oven.

Heat the oven to 200c

Heat the butter on a medium heat, add the leeks, stir regularly and cook for 5 mins to soften. Then add the rice and stir for another 2 mins.

Add the stock and milk and bring to the boil.

Bubble gently for 5 minutes and the mix will start to thicken slightly. Take off the heat.

Place the fish on top and put the lid on, or cover tightly with foil and place in the oven for 18 minutes.

The mixture should now be thick, like porridge. If too thick, add a little more milk. The fish should be flaky and soft.

Fold in the crème fraiche, the peas and grated cheese, breaking up the fish as you do.

Add plenty salt and pepper and stir well.

Now add all the spinach and fold the risotto over. Place the lid, or foil back on and just leave it alone to steam for about 5 minutes.

The spinach will soften, reduce greatly and will be easier to mix in.

Serve. Add some grated cheese on top, or go posh with a soft poached egg on top of each portion.

Nice crusty bread and a glass of wine to finish it off.

Enjoy ...