

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 102 – Smoked Haddock Monte Carlo

**Preparation time: 10 mins    Cooking time: 10 mins**

#### **Ingredients:**

2 fillets of smoked haddock  
8 white button mushrooms sliced  
200gms fresh spinach  
2 eggs  
1 wine glass tomato concasse (see [www.leithlinks.co.uk](http://www.leithlinks.co.uk) for recipe)  
100gms butter  
1 wine glass milk  
½ wine glass whipped cream  
Salt and pepper

#### **Method**

1. Grease bottom of oven proof dish with butter and place haddock on top and cover with the milk
2. Place dish on hob and bring to boil then place in hot oven (220 degrees) for six minutes
3. Remove from oven and leave to one side
4. Fry mushrooms in butter for one minute and place to one side
5. Fry spinach in butter for one minute and place to one side
6. Take fish out of oven proof dish and place on plates
7. Drain mushroom liqueur into oven proof dish you just removed the fish from
8. Place mushrooms on a line on the fish
9. Drain spinach liqueur into same oven proof dish
10. Place spinach next to mushrooms on fish
11. Heat tomato concasse and place on fish
12. Poach the eggs and place one egg on each fish
13. Reduce the spinach, fish and mushroom liqueur until there is almost nothing left, take off heat and stir in the rest of the butter and the cream
14. Spoon this over items on plates and place under hot grill for one minute then serve immediately

*Serves 2 (see next page for picture)*

