



# Kedgeree

Breakfast is the hardest meal of the day to cater for when you have Candida, so here's a traditional Victorian breakfast recipe for you. It usually calls for smoked fish, but we have to stick to unsmoked.

## Serves 4

*3 medium organic eggs*

*350g meaty cod fillets (skinless and boneless)*

*1 fresh bay leaf*

*1 yeast-free vegetable stock cube*

*225g (8oz) of brown basmati rice*

*1 large knob of dairy and gluten-free spread*

*1 large clove of garlic (peeled and crushed)*

*1 medium onion (peeled and chopped)*

*½ teaspoon of ground coriander and ½ teaspoon of turmeric*

*½ teaspoon of ground cumin and ½ teaspoon of fenugreek*

*½ teaspoon of poppy seeds and ½ teaspoon of mustard seeds*

*115g (4oz) of petit pois*

*1 tablespoon of fresh lemon juice*

*Sea salt and freshly ground black pepper to taste*



In a pan of boiling water, cook the eggs for 10 minutes. Drain, cool then remove shells and chop the egg.

In a large pan with a lid, lay the cod fillets and the bay leaf on the bottom.

In a jug, make up the stock cube with 1½ pints of boiling water then pour over the fish so it is covered.

Cover with the lid and simmer for about 10 minutes until the fish is cooked then remove the bay leaf.

Take the cod out of the stock with a slotted spoon and set it aside in a bowl to flake for use later.

In a sieve, add the rice. Rinse well with cold water then add the rice to the pan containing the fish stock.

Cover and simmer on a low heat, stirring occasionally. Cook for about 25 - 30 minutes until rice is cooked.

Brown rice is temperamental, so you can remove the lid at the end so any excess water can evaporate.

Alternatively, you can pour in a little more boiling water, if necessary, to cook the rice for longer until done.

In a wok or separate pan, heat the spread. Add the onion and garlic. Stir-fry on a low heat for 5 minutes.

Stir in the spices, seeds, petit pois and lemon juice. Then add this together with the fish and the egg to the pan.

Warm through and garnish with a sprinkling of freshly chopped chives.