

## Cullen Skink

1lb pale smoked haddock

1lb diced potato

1 sml onion diced

2pts full cream milk

2 tbs cornflour

salt & pepper

a wee drop of double cream (optional)

Poach haddock in milk for 5 mins

Remove & cool

Add diced tattie & onion and fry gently in some butter

Pour over the milk bring to the boil add cornflour

Flake fish through (checking for bones)

Season to taste

Pour through cream if using

Add fresh chopped parsley over the top