Ham and haddie

Recipe

Put the haddock in a saucepan and add the milk and half the butter. Bring slowly to the boil, then cover and simmer gently for about 3 minutes or until just cooked. Carefully remove the fish to two warmed serving plates, reserving the poaching liquid in a bowl.

Meanwhile, dry-fry or grill the bacon until crispy. Melt the remaining butter in a clean pan, add 2 tablespoons of the reserved poaching liquid and the crème fraîche and let it bubble for 1-2 minutes to thicken. Add salt and pepper to taste.

To serve, pour half the sauce over each piece of haddock and top with a slice of crisp bacon. For an even more substantial dish, serve with a poached egg.

Ingredients

- 250g (9oz) smoked haddock fillet, skinned and halved
- 100ml (3½ fl oz) semi-skimmed milk
- 15g (½ oz) butter
- 2 slices of dry-cure bacon
- 2 tablespoons half-fat crème fraîche
- Salt and black pepper