

Waterzooi



Serves 4 Prep 10 mins

Cooking 25 mins

Easy

Ingredients

85g unsalted butter
1 finely shredded leek or onion
2 carrots, finely shredded
2 medium potatoes, peeled and sliced or diced
1 bay leaf
10 black peppercorns
500 ml vegetable or fish stock
500g cod fillet (or chicken breasts) cut into large chunks
1 egg yolk
250ml double cream (or 100ml milk & 150ml Dble cream)

1. Melt the butter in a large pan over medium heat, then add the leek or onion, carrot, potatoes, bay leaf and peppercorns. Fry gently for 5 mins, without browning.
2. Add the fish, vegetable or chicken stock and bring to the boil and simmer for about 5 minutes until tender. Reduce the heat add the fish or chicken pieces and simmer for about 10 mins.
3. Remove the fish or chicken pieces. Beat the egg yolk, 1 tbsp of stock and the cream together in a bowl, then stir into the soup; reheat but don't boil. Add the fish or chicken again to warm through, season to taste with salt & pepper, and serve in shallow bowl.