

Whitby Smoked Haddock with Olde York Rarebit

Serves four

Ingredients

4 portions of Whitby smoked haddock (180 gm each) with the skin and bones removed. (Ask your fishmonger to do this for you)

For the rarebit

50 gm butter

50 gm plain flour

280 ml milk

360 gm Olde York cheese (from Shepherds Purse, our January food hero)

300 ml Yorkshire Black Sheep ale

2 teaspoons English mustard

4 teaspoons Worcestershire sauce

4 free range egg yolks

Salt and pepper

Method

Firstly put the milk on to boil.

Melt the butter in a pan, and then add the flour. Mix together ensuring there are no lumps and cook the mixture until it smells a little like shortbread biscuits, take care not to over cook it as it will burn. This is called a roux.

Next add the milk slowly to the roux and mix it in gradually, this will bind together to form a thick sauce. Continue mixing so there are no lumps.

Add the Olde York cheese and beat in with a wooden spoon.

In a separate pan boil the ale, mustard and Worcestershire sauce and reduce by half, then add this to the thick cheese sauce. Season this well and allow to cool slightly.

Finally beat in the egg yolks one by one.

When the mix is ready spread it over the smoked haddock and cook in a hot oven at 180°C for 7-12 minutes depending on the thickness of the haddock fillet.

Serve with some mashed potatoes or parsley potato cake and winter greens.