

cullen skink recipe rick stein

Cullen skink recipe Rick Stein is a delicious and warming dish that hails from Scotland, specifically the town of Cullen in Moray. This traditional Scottish soup, made primarily with smoked haddock, potatoes, and onions, is a celebration of coastal flavors and hearty ingredients. Renowned chef Rick Stein, known for his passion for seafood and traditional recipes, offers his own interpretation of this beloved dish. In this article, we will explore the history of Cullen skink, the ingredients you need, step-by-step instructions on how to prepare it, and some tips for making the perfect bowl of Cullen skink.

The History of Cullen Skink

Cullen skink has deep-rooted historical significance in Scotland, particularly in the region of Moray. The soup's origins can be traced back to the fishing communities that relied heavily on the sea for sustenance. Traditionally, it was made with whatever local ingredients were available, but the star of the show has always been smoked haddock.

The name "Cullen" comes from the town of Cullen, where the dish is believed to have originated. "Skink" refers to the broth or soup, particularly one made with meat or fish. Over the years, Cullen skink has evolved from a humble fisherman's dish into a staple of Scottish cuisine, often served in restaurants and homes throughout the country.

Ingredients for Cullen Skink

To prepare Rick Stein's Cullen skink, you will need the following ingredients:

Ingredients List:

1. Smoked haddock – 400g (preferably undyed)
2. Potatoes – 2 medium-sized, peeled and diced
3. Onion – 1 large, finely chopped
4. Leek – 1, finely sliced (optional)
5. Milk – 500ml
6. Fish stock – 500ml (homemade or store-bought)
7. Butter – 50g
8. Fresh parsley – a small bunch, chopped (for garnish)
9. Salt and pepper – to taste
10. Bay leaf – 1

Preparation Steps

Making Cullen skink is a straightforward process that requires minimal preparation time. Here's how to do it step by step:

Step 1: Prepare the Smoked Haddock

1. Start by rinsing the smoked haddock under cold water to remove any excess salt.
2. Place the smoked haddock in a large saucepan and cover it with water. Add the bay leaf and bring to a gentle simmer.
3. Cook for about 10 minutes or until the fish is cooked through and flakes easily. Once cooked, remove the fish from the pan and set it aside to cool. Keep the cooking liquid as it will be used later.

Step 2: Sauté the Vegetables

1. In the same saucepan, add the butter and allow it to melt over medium heat.
2. Add the chopped onion and leek (if using) to the pan. Sauté for about 5 minutes until the vegetables are softened but not browned.
3. Next, add the diced potatoes to the pan and stir well to combine.

Step 3: Add Stock and Simmer

1. Pour in the fish stock and the reserved cooking liquid from the smoked haddock. Bring the mixture to a boil.
2. Reduce the heat and let it simmer for about 15-20 minutes or until the potatoes are tender.

Step 4: Flake the Smoked Haddock

1. While the soup is simmering, flake the cooled smoked haddock into bite-sized pieces, making sure to remove any skin and bones.
2. Once the potatoes are cooked, gently stir in the flaked haddock.

Step 5: Add Milk and Season

1. Pour in the milk and stir to combine. Allow the soup to heat through on low heat for an additional 5 minutes. Be careful not to let it boil as this may cause the milk to curdle.

2. Season the soup with salt and pepper to taste. Remember that the smoked haddock can be quite salty, so adjust accordingly.

Step 6: Serve and Garnish

1. Ladle the Cullen skink into bowls and garnish with freshly chopped parsley.
2. Serve hot, ideally with crusty bread or oatcakes on the side.

Tips for Perfect Cullen Skink

To ensure that your Cullen skink turns out perfectly every time, consider the following tips:

1. **Quality of Ingredients:** Use high-quality, undyed smoked haddock for the best flavor. Fresh ingredients will also enhance the overall taste of the soup.
2. **Homemade Fish Stock:** If possible, make your own fish stock using fish bones and vegetable scraps. This will provide a rich base for your soup.
3. **Consistency:** If you prefer a thicker soup, you can mash some of the potatoes once they are cooked, or add a little more potato to the recipe.
4. **Herbs:** While parsley is a classic garnish, feel free to experiment with other herbs such as chives or dill for a different flavor profile.
5. **Leftovers:** Cullen skink can be stored in the refrigerator for up to three days. Reheat gently on the stovetop, adding a splash of milk to loosen the soup if necessary.

Serving Suggestions

Cullen skink is a versatile dish that can be served in various ways. Here are some serving suggestions:

1. **With Bread:** Serve with thick slices of buttered crusty bread or traditional oatcakes for dipping.
2. **Accompanied by a Salad:** A simple green salad with a light vinaigrette can balance the richness of the soup.
3. **As a Starter:** Cullen skink can be served in smaller portions as a starter before a main course, especially in a formal dining setting.

Conclusion

Cullen skink is not just a dish; it's a taste of Scottish heritage and

culture. With Rick Stein's recipe, you can recreate this traditional soup in your own kitchen, bringing the flavors of Scotland to your table. Whether you're enjoying it on a chilly evening or serving it at a gathering, Cullen skink is sure to warm hearts and fill bellies. Embrace the process, savor the flavors, and don't forget to share this delightful Scottish treasure with family and friends!

Frequently Asked Questions

What is Cullen Skink?

Cullen Skink is a traditional Scottish soup made from smoked haddock, potatoes, onions, and milk or cream.

Who is Rick Stein?

Rick Stein is a renowned British chef and television presenter known for his seafood dishes and travel shows.

What are the key ingredients in Rick Stein's Cullen Skink recipe?

The key ingredients in Rick Stein's Cullen Skink recipe include smoked haddock, potatoes, onions, milk, and sometimes cream.

How does Rick Stein suggest preparing the smoked haddock for Cullen Skink?

Rick Stein suggests poaching the smoked haddock gently in milk to infuse flavor and keep it moist before adding it to the soup.

Can I make Cullen Skink with fresh haddock instead of smoked?

While traditional Cullen Skink is made with smoked haddock, you can use fresh haddock, but you may need to add additional smoked elements to achieve the characteristic flavor.

What type of potatoes works best in Cullen Skink?

Waxy potatoes, such as new potatoes or Yukon Gold, work best in Cullen Skink as they hold their shape well when cooked.

Is Cullen Skink a healthy dish?

Cullen Skink can be a healthy dish as it contains lean protein from the fish and nutrients from the potatoes and onions, but the addition of cream can increase the calorie content.

How long does it take to prepare Rick Stein's Cullen Skink?

Rick Stein's Cullen Skink typically takes about 30 to 40 minutes to prepare and cook.

What can I serve with Cullen Skink?

Cullen Skink is often served with crusty bread or oatcakes to complement the rich flavors of the soup.

Where can I find Rick Stein's Cullen Skink recipe?

Rick Stein's Cullen Skink recipe can be found in his cookbooks or on his official website, as well as in episodes of his cooking shows.

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