

Recipes from Fife

The following dishes are often served aboard the award winning Scottish Fisheries Museum's flagship, REAPER FR958. The restored Fife sailing herring drifter, built in 1902, still goes to sea and is often seen at harbour festivals around the coast.

The Coull Deas MBE Cullen Skink Family Recipe

- 5 good sized potatoes peeled and diced
- 5 haddock fillets – all bones removed
- 2 litres of milk – full fat is best
- 1 large onion with a dod of butter to fry

Bring the potatoes to the boil and simmer until edible but firm remember it won't take long with small pieces of potato.

Pan fry the finely chopped onion in a large pan until soft but not brown.

Reduce the heat and add the milk followed by the pieces of haddock – the fish will break up as it cooks so don't break or cut it into small pieces.

Thoroughly drain the potatoes and add to the cooked fish and milk mix – some of the potato can be mashed to make a thicker soup. Salt and pepper to taste.

A garnish of finely chopped green onions, parsley or dill can be added although Coull wouldn't encourage anything green – bad luck!

Coull was a fisherman all his working life and learned at an early age to cook economically but well. Nothing is ever wasted including water so if one pan will do that's what's used to cut down on washing! Traditionally Cullen Skink would be followed by pudding.

Joan's Bread & Butter Pudding

Any cake or bread will do – croissant, brioche or panettone. Stale bread or cake are the more likely ingredients!

- Butter – to grease the oven dish and to butter the bread
- Handful of preferred dried fruit – or whatever is available.
- Raisins or finely chopped apricot or prunes
- Eggs and milk – full fat (single cream for the very best results)
- Sugar if necessary!

To prepare the oven turn it to as high as possible.

Butter a suitably sized oven proof dish.

Butter all the bread or thinly sliced cake – crusts can be removed and baked in the oven to make crunchy bread sticks.

Layer the bread/cake alternatively with the fruit in the dish. Begin and finish with the bread.

Make up a mix of milk and eggs – the more solid the more egg required. The idea is to saturate the bread mix in the liquid. Pour the milk (or single cream if feeling particularly decadent) and beaten egg through a sieve onto the bread. Squash the bread into the liquid mix – do not ‘drown’ the bread.

Place in the middle of the oven and reduce the heat to about 150 degrees for approximately 45 minutes to 1 hour. The pudding should rise and be golden brown in colour but soft with a slight crust on top.

Best served directly from the oven with cream or warmed custard. Sprinkle sugar to taste.

The Scottish Fisheries Museum Trust Ltd

St Ayles, Harbourhead, Anstruther, Fife KY10 3AB

E-mail: enquiries@scotfishmuseum.org

Museum website - www.scotfishmuseum.org