

Smoked herring with a poached egg and colcannon

Serves 4

This is classic comfort food that you can serve for brunch or dinner. Some people get champ and colcannon mixed up but basically champ is just spring onions or



scallions as the Irish call them and colcannon is cabbage and spring onions.

About 400ml milk, for poaching

200ml fish stock (a good quality cube will do)

1 bay leaf

4 smoked herring fillets

4 eggs

Knob of butter

for the colcannon

A few leaves of spring greens or cabbage, roughly chopped, cooked in boiling salted water and drained

6 spring onions green parts too, shredded

100ml milk

400g floury potatoes, cooked and mashed

40g butter, or more if necessary

To make the colcannon, bring the milk to the boil, add the spring onions and simmer for 1 minute, then mix with the mashed potato, greens and butter and season. Keep warm in a covered pan or let it cool down and reheat when needed.

Pre-heat the oven to 180°C/Gas mark 5 place the herring in an oven proof dish or pan with a knob of butter on top and cook for about 10 minutes in the oven.

Meanwhile poach the eggs until just set but still soft inside when the herring is almost done.

Spoon the colcannon on to warmed plates and carefully place the herring fillets on top. Drain the eggs with a slotted spoon and rest them on the fish and serve.