

Leek, Pea & Potato Soup With Smoked Basa

As a starter or as a light lunch, in a bowl or a mug, whenever or however it's never a bad time for soup. Especially when it comes with lots of bread and butter.

Now, leek and potato soup is a classic but I give mine a little twist. I add smoked fish that has been poached in milk infused with cardamom and curry and it works so well.

So next time you fancy a bowl or mug of soup, remember this post and give it a go.



Serves: 4

Prep Time: 5 minutes

Rest/Marinate Time: 0

Cooking Time: 30 minutes

Ingredients

- 800 ml of milk.
- 1 cardamom pod, lightly crushed.
- 2 bay leaves.
- 1 tbsp of medium curry powder.
- 2 x 100g smoked white fish fillets, such as haddock or basa.
- 3 leeks, roughly sliced.
- 1 medium white onion, roughly sliced.
- 2 potatoes, peeled and cut into cubes.
- 1 knob of butter.
- 130 g of frozen peas.



Find this recipe on
page 128 of [my book](#).

Method

- In a large saucepan add the milk, cardamom pod, bay leaves and curry powder. Bring up to a gentle heat, you want it so it's just warm enough to be able to dip your finger in it. Then place the fish fillets into the milk and gently poach for 5 minutes or till the fish starts to flake. Once the fish is ready remove it from the milk and leave it to one side, do not throw away the milk!
- At the same time as step 1, pop the leeks, onions and potatoes into a large saucepan along with the butter, a drizzled oil and season. Gently soften the veg over a low heat for 10 minutes.
- Next using a sieve pour the infused milk into the saucepan with the leeks. Bring up to a boil then simmer over a low heat for 10 minutes or till the potatoes are soft. Once the potatoes are done add the peas and give that another minute.

- Now it's time to whizz up the soup but before you do take out a few peas for garnishing. Take a handheld stick blender and whizz till smooth. Once you are happy with the soup consistency, flake up the fish and add to the soup and give it a minute to warm up. Give it a final check for seasoning and adjust accordingly.
- To serve I like to garnish with a few chopped chives and a drizzle of olive oil or cream or both whatever you fancy.