

Friends International - Dundee

CULLEN SKINK

This is one of my favourite foods. It's really easy to make and I've yet to find anybody who likes fish who doesn't like Cullen Skink.

The ingredients you will need to make enough to serve three or four adults are as follows:

- One pint of milk**
- Four large potatoes**
- Two medium onions**
- Three or four fish fillets (preferably smoked haddock, but unsmoked haddock will work too)**
- A small amount of butter (or margarine)**
- salt and pepper**

First, peel the potatoes and place them in a pan of boiling water on the cooker. While they are cooking, prepare the fish by carefully removing any bones left behind by the fishmonger. Chop the onion and gently fry it in the butter or margarine in a large pan. Then add the milk and fish and bring back to the boil.

When the potatoes are about almost completely cooked but not mushy, drain them, then add them to the mixture of onions, milk and fish. Add salt and pepper generously.

Continue to cook until the potatoes are soft, then adjust the seasoning and serve.

If you would like details of events being organised by Friends International - Dundee or of interest to International students, if you would like to read about interesting places to visit in Dundee and the surrounding area or if you want to try out some more of our own Scottish recipes please visit our web site at www.friendsinternational-dundee.org.uk. The site also contains details of coming events of interest to International students, useful contacts and website addresses.