

## *Arbroath Toasties*

*Arbroath is forever associated with smoked haddock, whether the recipe originated there or not. This recipe also uses egg and tasty cheese.*

### **Ingredients:**

6 oz (175g) smoked haddock  
6 fluid ounces (175ml or one third of a US cup) milk  
½ ounce (15g or 2 tablespoons) plain (all purpose) flour  
1 ounce (25g or ¼ US cup) strong, hard, grated cheese  
One egg (separated into white and yolk)  
Salt, pepper, freshly ground black pepper, to taste  
4 slices of buttered toast

### **Method:**

Heat the smoked haddock in quarter pint (150ml or two-thirds US cup) of the milk in a saucepan. Bring to the boil, reduce the heat, cover and cook for about five minutes or until the fish flakes easily with a fork. Remove the fish with a fish slice and flake.  
Mix the flour with the rest of the milk and then stir into the milk in the saucepan. Bring to the boil and cook for two minutes, stirring continuously until thick. Stir in the cheese, egg yolk and flaked fish. Season to taste with salt, pepper, freshly ground black pepper, then heat through.  
Whisk the egg white until it is stiff and fold in with a metal spoon.  
Put the toast on a grill (broiler) rack and spoon the fish mixture onto each slice of toast. Place under a hot grill until it is lightly browned. Serve immediately.