

## FINNAN HADDIE.

Preparation time: 12 minutes.

Total Cooking time: 20 minutes.

Serves 4.

1 Large Onion, thinly sliced  
1lb smoked Haddock (frozen or Fresh)  
1 2/3 cups milk  
½ teaspoons cracked black pepper  
1 ½ teaspoons mustard powder  
1oz butter, softened  
2 teaspoons plain flour  
1 spring onion, finely chopped

Place onion over base of large pan. Cut haddock into 1 inch wide pieces, and arrange over onion. Blend milk, pepper and mustard powder; pour over fish. Bring slowly to a boil; reduce heat to low, simmer covered for 5 minutes. Uncover and simmer for a further 5 minutes. Remove fish to serving dish; keep warm. Simmer mixture in pan a further 5 minutes, stirring. Combine butter and flour, add to pan with spring onions, stir over low heat until mixture boils and thickens slightly. Pour over fish and serve.

John Long.