

From the kitchens of Derry's Beech Hill Country House Hotel, head chef Trevor Hambley offers one of his favourite fish dishes.

Poached natural haddock with buttery colcannon, warm poached egg and grain mustard.



Ingredients – for 4

2 fillets of haddock, cut in half to give 4 portions

Colcannon

4 sliced spring onions and 2 cabbage leaves (soften in butter)

200g butter for mash

200ml cream

1 kilo of potatoes – boiled for mash

4 eggs

Mustard Buerre Blanc

100ml white wine vinegar

100ml cream

150g butter

50g wholegrain mustard

Poaching Liqueur

200ml milk

200ml water

Hollandaise Sauce

100ml white wine vinegar
4 egg yolks
200g clarified butter, melted

To Prepare Beurre Blanc

Reduce white wine vinegar by two-thirds. Add cream then add butter **a little at a time**, beating constantly. Remove from heat when all butter is used and add the mustard.

To Prepare Hollandaise Sauce

Put egg yolks and white wine vinegar into blender. With the machine running pour in the butter, **very slowly** until the sauce thickens. Season to taste.

Preparation

For the colcannon, peel potatoes and cut into small pieces of the same size. Cover with water and boil. Soften the cabbage and onions in 50g butter. When the potatoes are cooked, strain and add the rest of the butter, the cream and season with salt and pepper. Mash, then add onion and cabbage.

Bring the milk and water to the boil and add the fish. Simmer until soft (5 to 8 minutes) and the skin will peel off.

Serving

Boil a small pan of water and poach the 4 eggs. Sit the haddock on a bed of colcannon, as in our photograph, and pour over the mustard beurre blanc. Then place a poached egg on top of each piece of fish and smother it with the hollandaise sauce.