

### ***East Lothian Skink!***

#### Ingredients

1-2 fillets hot smoked Belhaven trout, flaked  
15mls rapeseed oil  
1 onion, peeled and finely chopped  
1 stick celery, finely chopped  
3 medium Knowes potatoes, peeled and diced  
300ml vegetable stock  
500mls semi skimmed milk  
Freshly milled black pepper  
2tbsps double cream  
Chopped parsley to garnish

#### Method

- Heat oil in a saucepan and sauté onion and celery until soft but not coloured.
- Add the potatoes and cook for 1 minute. Add stock and bring to the boil.
- Reduce heat and simmer for 10-15 minutes until potatoes are soft.
- Add fish and stir in milk. Warm through thoroughly.
- Season and taste. Adjust consistency as preferred by adding more milk or blitzing to create a smooth soup.
- Ladle into hot bowls and finish with a swirl of cream and parsley.

Serves 2-3