



Smoked haddock & new potato soup with maple drizzle

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large side skin-on haddock smoked
- ☐ 0.5 onion diced
- ☐ 25 g butter
- ☐ 200 g new potatoes peeled sliced
- ☐ 400 ml chicken stock see
- ☐ 100 ml milk
- ☐ 200 ml double cream

- ☐ 100 g pancetta diced
- ☐ 4 servings maple syrup and chives chopped

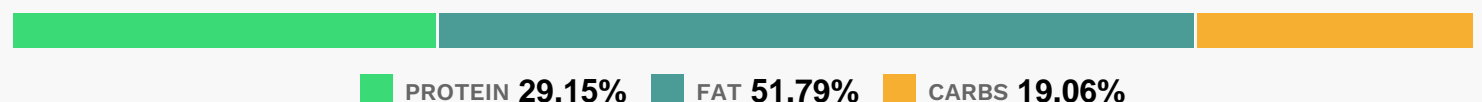
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Remove the skin from the smoked haddock. Either ask your fishmonger to do this or, using a sharp filleting knife, start at the thinnest end and carefully wiggle your knife to separate the skin and the flesh. Keep going, keeping your knife close to the flesh, until the skin is removed. Keep the skin.
- ☐ In a large pan, sweat the onion in the butter until soft but not coloured, then add the potatoes and cook for a few mins more.
- ☐ Put the haddock skin in the pan, cover with the chicken stock and slowly poach until the potato is soft.
- ☐ In another pan, bring the milk and cream to the simmer.
- ☐ Place the smoked haddock in the pan and cook for 3–4 mins until just cooked.
- ☐ Remove and keep warm, reserving the milk and cream.
- ☐ Remove the fish skin from the soup and blend until smooth.
- ☐ Add the reserved cream and milk to get a smooth creamy finish and season with black pepper and a little salt.
- ☐ Fry the pancetta in a dry pan until crisp. Keep warm. In soup bowls, place some smoked haddock and crisp pancetta, then pour on the soup.
- ☐ Drizzle with the maple syrup and sprinkle with chopped chives.

Nutrition Facts



Properties

Glycemic Index:65.56, Glycemic Load:12.06, Inflammation Score:-7, Nutrition Score:26.578261137009%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 636.57kcal (31.83%), Fat: 36.26g (55.79%), Saturated Fat: 19.13g (119.59%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 28.7g (10.44%), Sugar: 17.27g (19.19%), Cholesterol: 214.41mg (71.47%), Sodium: 858.73mg (37.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.92g (91.84%), Selenium: 67.81µg (96.87%), Vitamin B12: 4.47µg (74.55%), Phosphorus: 663.34mg (66.33%), Vitamin B3: 10.8mg (53.98%), Vitamin B6: 0.96mg (47.91%), Vitamin B2: 0.64mg (37.69%), Potassium: 1163.05mg (33.23%), Manganese: 0.58mg (29.16%), Vitamin A: 1079.16IU (21.58%), Magnesium: 78.12mg (19.53%), Vitamin B1: 0.23mg (15.59%), Vitamin D: 2.31µg (15.42%), Vitamin B5: 1.44mg (14.42%), Vitamin C: 11.37mg (13.78%), Calcium: 126.42mg (12.64%), Vitamin E: 1.78mg (11.86%), Zinc: 1.7mg (11.32%), Folate: 44.88µg (11.22%), Copper: 0.18mg (8.88%), Iron: 1.19mg (6.61%), Fiber: 1.33g (5.34%), Vitamin K: 3.56µg (3.39%)