Mackerel, Potato and Leek Broth with Toast

4 substantial broth bowls with 1 thick toast slice each · Active 20 min · Total 50 min

Skills: Easy

Ingredients

• 2 medium leeks (300 g trimmed white and pale-green parts), washed and thinly sliced

• 1 tablespoon neutral or olive oil (15 ml)

• 1 1/2 lb potatoes (700 g), peeled and cut into 3/4-inch/2 cm chunks

• 3 cups vegetable stock (720 ml)

• 1 cup milk (240 ml)

• 8 oz canned mackerel (225 g drained), separated into flakes

• 1/2 teaspoon fine salt (3 g)

• 1/4 teaspoon black pepper (0.5 g)

• 4 thick bread slices (200 g)

Set out

Large saucepan, Toaster or dry skillet, Knife and board, Food thermometer

Allergens

Fish, Milk, Wheat. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium-low heat. Cook washed sliced leeks for 8–10 minutes, stirring, until very soft but not browned.

2. Add potatoes, stock, salt and pepper. Bring to a simmer, partly cover and cook for 15–18 minutes until potatoes are tender.

3. Add milk and drained mackerel flakes. Heat gently for 4–5 minutes, folding carefully, until the whole pot reaches 165°F/74°C. Do not boil hard.

4. Toast the bread. Divide broth, potato and fish evenly among four bowls, with one thick toast slice per serving.

Let the can size inform the batch

Read the drained weight when supplied and weigh the drained fish. Two small cans and one larger can may supply different amounts; scale the complete recipe rather than assuming every can is interchangeable.

Ingredient labels

Check stock and bread labels for celery, soy or additional allergens.

A useful detail

Use canned mackerel that is already cooked. This timing is not a raw-fish poaching method. Adjust added salt if your stock or fish is strongly salted.

Keep it well

Cool in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Refrigerate covered at 40°F/4°C or below and use within 2 days. Reheat gently to 165°F/74°C while stirring to distribute heat. Toast fresh bread for the next serving rather than storing it in the broth.