

OSCAR'S SMOKED HADDOCK CHOWDER

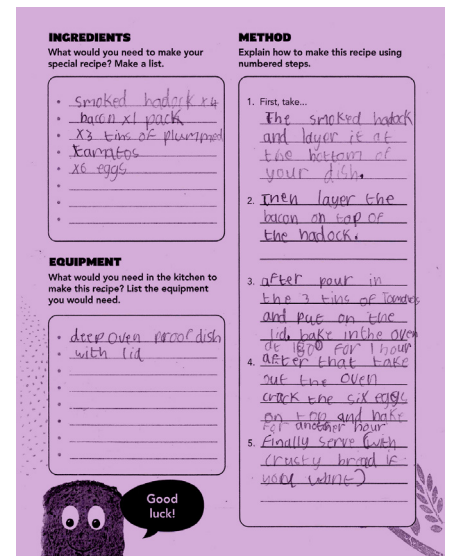
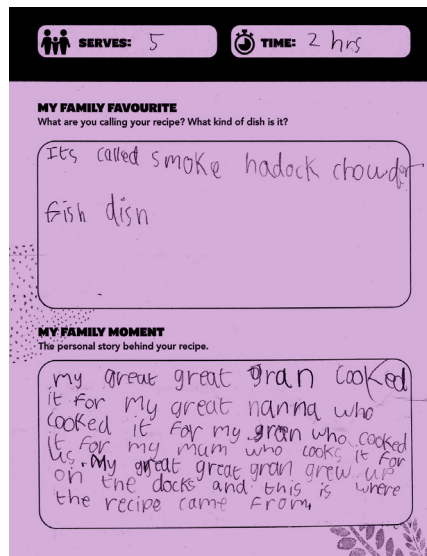
WHY WE LOVED IT

This recipe has been in Oscar's family for generations. We love that it's been passed down, but Oscar still knows the story of where it comes from.

Also, haddock contains minerals that are really good for your bones and teeth. – What a brilliant meal all round!

Our version of Oscar's recipe is a bit different to the original. We haven't put eggs or bacon in ours, but there's no reason why you can't. Tailoring things to your own taste is what making your own Family Favourites is all about!

Do you have any recipes that has been passed down through your family?



INFO:

Total time: **50 minutes**

Serves: **4**

INGREDIENTS:

2tbsp olive oil

1 onion, chopped

A knob of unsalted butter

1tbsp plain flour

400g tinned tomatoes

450g skinless and boneless haddock

A pinch of pepper to taste

90g cheddar cheese

METHOD

STEP 1

Preheat the oven to 180 C / Gas 4. Coat the bottom of a baking dish with the olive oil.

STEP 2

Saute the onion in butter until soft, then blend in the flour. Add tomatoes and cook for about 3-4 minutes, until thickened.

STEP 3

Place the fillets, in the baking dish. Sprinkle with pepper and top with the tomato mixture.

STEP 4

Bake, uncovered for 20 minutes.

STEP 5

Sprinkle with cheese and continue baking for 5 minutes, until cheese is melted and fish flakes easily with a fork.