



INGREDIENTS

- 8 Ounces Haddock Fillet
- 1 Cup Carrots
- ½ Cup Parsley Root
- 1 Cup Celeriac
- 1 Tablespoon Butter
- 2 Tablespoons Flour
(enriched or whole grain rich)
- 34 Ounces Fish Stock
- 2 Tablespoons Lemon Juice
- 2 Egg Yolks
- 3½ Ounces Double Cream
- Salt
- Fresh Chives
- ½ Teaspoon Curry
- ¼ Teaspoon Cayenne Pepper

DIRECTIONS

1. Dice the fish, half the amount of carrot, celeriac and parsley root.
2. Slice the remaining amount of carrot.
3. Melt butter, stir in flour and add fish stock, stir the soup until smooth.
4. Add the vegetable dices and let it boil for approx. 15 minutes.
5. Remove the vegetables from the soup.
6. Stir lemon juice together with curry, cayenne pepper, egg yolk and cream, and add to the soup.
7. Add fish, slices of carrot and let the soup simmer until the fish is cooked through, approx. 5 minutes.
8. Season with salt.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler: 1 Cup
Preschool: 1½ Cups
School Age: 2 Cups
Adult: 2 Cups