



## *Cornish fish soup*

A favourite soup from this seafaring region. This soup was always thought to be especially good for those feeling under the weather.

### **Ingredients – Serves 2**

1 fresh haddock, cleaned and filleted  
1/4 pint water  
1 pint milk  
1 large onion, peeled and finely chopped  
small piece butter  
salt and pepper to taste

Fresh parsley for ingredients and as a garnish

### **Method**

- Put the fish and the water into a saucepan.
- Boil the fish to shreds.
- Strain off and retain the liquor.
- Add the liquor to the milk in a saucepan.
- Add the onion, butter, salt and pepper.
- Simmer until the onion is cooked.
- Serve hot.