



Meet a Special Mother – Mary Bunty Lane clan Fraser



I was born Mary Patricia Lane in Dunfermline, Fife, Scotland – the ancient capital of Scotland and burial place of King Robert the Bruce of Brave Heart fame ...and just a wee stroll from the house where Andrew Carnegie was born ...different dateline. My mother (Mary Russell Fraser) was Scottish and my father (John Henry Lane) English. They met during WW II in Scotland when he was stationed there. My mother’s family disowned her

for marrying a “Sassenach” (a foreigner and even worse, an Englishman!) However, when I was born, all was forgiven as I was so cute.

My mother made many Scottish meals with one of her favorites being Kedgeree, which is a dish enjoyed by the Scots but brought back to Scotland by the missionaries who went to India.

Kedgeree - Scottish Recipe

Popular breakfast or lunch dish with curried rice, smoked haddock, and hard-boiled eggs

1 cup Basmati rice
1/4 to 1 teaspoon salt, divided
4 tablespoons unsalted butter, divided
1 medium yellow onion, thinly sliced
Salt, lightly as desired
1 teaspoon curry powder or garam masala
1/2 teaspoon turmeric
3 green cardamom pods
1 bay leaf
1/2 to 1 cup chicken broth as needed
1/2 pound Scottish smoked haddock (we used smoked salmon)
1/2 cup chopped parsley
4 to 5 large hard boiled eggs
Garnish: 1 large lemon, cut into wedges, parsley sprig

Cooking Aroma Fluffy Basmati Rice:

- Wash 1 cup of rice in cold water until water is clear.
- Soak Rice in 2 cups of water for 10-15 minutes in cooking pot. Add ¼ teaspoon salt and 1 Tablespoon clarified butter
- Bring to boil. Stir, cover; cook over low heat for about 15 minutes. Set aside.

Cook Kedgeree:

- In a medium Dutch oven pot, cook butter until melted over medium heat; add onions, season lightly with salt; cook until softened about 6 minutes.
- Add garam masala or curry powder, turmeric, cardamom pods, bay leaf; stir to combine.
- Add cooked rice; stir often, cooking until lightly toasted, about 6 minutes.
- Add chicken broth to moisten rice grains; stir to moisten rice; season with salt to taste.
- Fold in flaked smoked fish and parsley.
- To Serve: Spoon Kedgeree onto a serving platter; garnish with the quartered eggs and lemon slices. Serve warm or room temperature. Serves: about 4 to 6

About the Recipe: The recipe Kedgeree, one of Mary Patricia's favorites, combines warm sweet spices into fluffy aromatic rice and adds chunks of smoky rich flavored fish. Served with boiled egg quarters and juicy lemons, it is a one pot wonder. The dish can be served warm or cold for breakfast or brunch.