

## The Cullen Voluntary Tourist Initiative

The C V T I is a voluntary organization fully funded by donations from the Cullen Business Community, Residents of Cullen and members of the public.

Whilst every care has been undertaken in the compilation of this pamphlet no responsibility for errors will be accepted by them

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***Cullen Voluntary Tourist  
Initiative***



## Cullen Skink



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# CULLEN SKINK

The following is a resume of what is now a worldwide dish that is proudly known as Cullen Skink.

This rather odd name is said to come from the Gaelic word "Essence". Initially Cullen Skink referred to a type of broth made with the scrapings of beef from the front legs of cattle. Hard times in the early 1899's left the northern people unable to buy this product.

By this time, the Harbour which was completed in 1819, had become the thriving centre of herring fishing and the village also specialized in the production of Smoked Haddock,

With many families in the local villages having a fishing background, they turned to Smoked Haddock, which was in plentiful supply. By using smoked haddock and various other products all puts together, distinctive delicious soup was made.

Hence **Cullen Skink** was born

This is now a tribute to the many wives and mothers from the village who over the past years have made Cullen Skink for their families. Today housewives still make this delicious soup, withal of the declaring theirs to be the best recipe.

In January 1999 the BBC 2 sent a team from their popular Food and Drink program, accompanied by presenter Michael Barry, to film a Cullen Skink competition by local housewives

Five ladies were duly selected and the television cameras rolled in the kitchens of the Seafield Arms Hotel the completion to produce a culinary delight began.

After much deliberation and tasting. The panel of Judges chose Mrs. Mary Addison as the winner and she was crowned the "Queen of Cullen Skink",

This proved to be a popular item when on television some weeks Later

## World Championship 2013

The 2013 Championship was won by Mrs Tracey Fuller



With Tracey's kind permission the CVTI prints a copy of the winning recipe

### Ingredients

8 large Potatoes	1 large Onion
4 Smoked Haddock	1 pint Water
4 Bay Leaves	¼ pint Chicken Stock
¼ pint double cream	Salt & Black Cracked Pepper
Chopped Parsley	

### Method

- 1) Peel and dice the potatoes
- 2) Peel and dice the Onion
- 3) Place the potatoes, Onion, Bay Leaves and Chicken Stock in a sauce pan and add enough water to cover ingredients
- 4) Bring to the boil, turn down the heat and simmer until the potatoes are soft.
- 5) Break up the potatoes into small chunks with a masher.
- 6) Bring back to the boil
- 7) Cut the Smoked Haddock into small bite size pieces
- 8) Add smoked Haddock and turn off heat
- 9) Just prior to serving stir in the Cream and Chopped Parsley.

(This recipe serves 4 persons)