

Alaska Salmon and Goat Cheese Tart



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 6-8

Ingredients:

300g plain flour

Pinch salt

125g white vegetable fat

2 tsp poppy seeds (optional)

Chilled water, to mix

Filling:

1 x 418g or 2 x 213g cans red or pink Alaska salmon

250g fine asparagus spears, trimmed and halved

100g pack Somerset goat's cheese, sliced

8 cherry tomatoes, halved

3 large eggs

400ml crème fraîche

1 tbsp chopped fresh chives or parsley

Freshly ground black pepper

Description:

Sift the flour and salt into a large bowl. Rub in the vegetable fat with your fingertips until the mixture looks like fine crumbs. Add the poppy seeds (if using). Stir in just enough chilled water to make a soft, but not sticky dough. Knead lightly until smooth, then wrap and chill for 10-20 minutes.

Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6.

Roll out the pastry on a lightly floured surface. Use to line a 20x30cm oblong tart tin. Line with a piece of foil or greaseproof paper and baking beans and bake 'blind' (without a filling) for 15 minutes.

Take the flan from the oven and remove the foil or paper and baking beans. Reduce the oven temperature to 180°C, fan oven 160°C, Gas Mark 4.

Drain the salmon and remove the skin and bones, if wished. Break into large chunks and arrange in the flan case. Lightly cook the asparagus in boiling water for 2 minutes, rinse with cold water and drain well. Arrange in the pastry case with the goat's cheese and cherry tomatoes.

Beat together the eggs, crème fraiche and herbs. Season. Pour into the flan case, then bake for 30-35 minutes, until set. Serve warm or cold.

Cook's tip: Try not to handle the pastry too much – it should be kept as cool as possible to give a light, crisp finish.