

Smoked Salmon Tart

Ingredients

For the filling:

9 oz (250 g) smoked salmon trimmings
2 large eggs, plus 1 extra yolk, beaten
1 x 200 ml tub crème fraîche
freshly grated nutmeg
pinch cayenne pepper
freshly milled black pepper

For the Parmesan pastry:

Use the Paleo pastry recipe

Equipment

You will also need a 9½ inch (24 cm) loose-bottomed quiche tin, 1 inch (2 cm) deep, lightly greased, and a solid baking sheet.



Method

Press lightly and firmly over the base and sides of the tin, pushing up the sides to come about ¼ inch (5 mm) above the rim of the tin all round. Now prick the base all over with a fork, then brush with some of the beaten egg for the filling. Place the tin on the pre-heated baking sheet and bake it for 20-25 minutes or until the pastry is crisp and golden. Check halfway through the cooking time to make sure the pastry isn't rising up in the centre. If it is, just prick it a couple of times and press it back down with your hands. When the pastry case is cooked, remove it from the oven and reduce the heat to gas mark 4, 350°F (180°C). Now arrange the smoked salmon trimmings over the base of the tart. Then, in a jug, mix the eggs with the crème fraîche and season with freshly milled black pepper and a little freshly grated nutmeg, but don't put any salt in it as the smoked salmon is already quite salty. Now pop the tart back on the half-pulled-out oven shelf, then pour in the egg mixture and sprinkle with the cayenne pepper. Bake it for 30-35 minutes until the centre is just set and the surface is puffy and a light golden brown colour, then remove it from the oven and let it settle for about 10 minutes before serving. Remove it from the tin by placing it in on an upturned jar, which will allow you to ease the sides away. Using a palette knife or a fish slice, slide it underneath and ease the tart carefully on to a plate or board, ready to serve.