

NUTRITION: Lazza's Kitchen Adventure

Smoked Salmon Tartlets

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Smoked Salmon Tartlets from scratch**

Oily fish like salmon are rich in a type of polyunsaturated fat called Omega 3 Fatty Acids: These fatty acids are essential because the body cannot produce them, so we must include them regularly in our diet. These fatty acids are thought to contribute to a healthy heart and help maintain skin, joints and hormonal balance. In addition they can protect against some cancers and conditions like asthma, high blood pressure, macular degeneration, and rheumatoid arthritis.

Ingredients

2 x 320g pack ready-rolled Shortcrust Pastry
Tub of Crème Fraiche (250g)
2 Zested Lemons, plus juice
4 teasp Horseradish
4 tblsp Chopped Chives
4 eggs, plus 2 yolks
6 tblsp Milk
250g Smoked Salmon Diced

Unroll the pastry and, keeping it on its paper, cut out 24 discs of pastry using a 7cm round cutter. Use the pastry discs to line two 12-hole shallow tart tins. Put in the fridge to chill while you make the filling. You can always do one lot of 12 and repeat if you only have one tin.

Combine all the remaining ingredients except the smoked trout in a large jug and season well with a good grinding of black pepper (only add a small pinch of salt). Mix well to combine, ensuring there are no lumps of crème fraîche or egg.

Take tins from the fridge and divide the salmon generously between the pastry cases. Carefully pour over the crème fraîche mixture into each case, leaving a 1-2mm rim of pastry at the top. It helps to give the mixture a stir after each pour so the chives and lemon zest don't sink to the bottom.

Bake in the oven for 18-20 mins until the pastry is golden and the filling lightly golden and puffed up. I was a bit unsure about the base of my tartlets, so after taking out the oven and letting them cool a little, I turned them over so the base was now upwards and put back into the oven for five minutes.



Can serve warm or cold. I took them on our health walk and they were very popular. The taste was fantastic.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking. Why not try out some new recipes and foods yourself? More on HMHB recipe pages: www.hmhb2016.org.uk This was a great and very tasty bake to prepare.