Smoked salmon filo tart

Courgette ribbon salad

Ingredients (10 portions)

Filo tart

Smoked salmon	350g
Leek	300g
Olive oil	50ml
Dill	10g
Filo pastry	6 sheets
Butter	25g
Eggs	3
Cream	300ml
Nutmeg	pinch
Lemon juice	10ml

Courgette salad

Courgette	800g
Carrot	100g
Olive Oil	100ml
Lemon juice	10ml
Salt	3-5g
Lemon zest	5g

Dressing oil

Olive oil	100ml
Balsamic	20ml
Chopped parsley	10g
Tomato concasse	20g

Prep list

- Make tarts – serve at room temperature
- Ribbon Courgette and Carrot
- vinaigrette

Allergies and Alternatives

GF: gluten free pastry case
DF: plant based custard
No fish - pea, parmesan, leek dill tart
Vegan: vegan ricotta, aubergine filo parcel, courgette ribbon salad
Nut free: Yes

Blackboard wording

Smoked salmon filo tart



STARTER – METHOD AND SERVING

Filo parcels

Filo Baskets: Lay 1 sheet filo on bench Brush lightly with melted butter. Add 2nd sheet on top, Brush again. Add 3rd sheet, brush lightly again. You now have 1 laminated 3-sheet stack.

Cut to the size required either rounds or squares for a more rustic look.

Press the filo into the muffin tin fold over the overhang for strength or put inside a dariole mould.

Filling: Gently sauté leeks in olive oil, 10–12 minutes until soft and sweet, season and cool completely. Make custard, egg, cream and dill Julienne salmon.

Evenly distributed leek and salmon into filo parcels. Put in lightly don't press down. Top with custard leave 1cm from top. Bake at 160 for 18mins.

Courgette salad

Use a peeler to make long ribbons from courgettes. Stop before the soft seeded core. Repeat with carrots (can add fennel) if budget allows, very thinly sliced. Store covered in fridge with paper towel (absorbs moisture).

Make the dressing combining oil, lemon and zest, salt and pepper

An hour before service toss the ribbons in dressing to barely coat. To much dressing will break down the courgette too much

Dress again just before service, if required

Make vinaigrette balsamic and oil . Chopped parsley and tomato concasse.

Service and Presenation

- Serve tart warm. in centre of plate, top with courgette salad
- Drizzle vinaigrette on plate

