

Cook Your Catch

Kipper Tartlet

with a Beetroot and Mayonnaise Dressing



This great-tasting fish is usually associated with breakfast, but **Chris Sandford** reckons the lovely smoky flavour is perfect for a lunchtime treat or a picnic. Photography by **Patrick Browne**.



INGREDIENTS (SERVES FOUR)

Filling

One kipper, flaked, skin and any bones removed
Handful of baby spinach leaves, stalks removed
One shallot, finely chopped
One egg
One egg yolk
Half a cup of cream
Knob of butter
25g white cheddar, grated (optional)

Pastry

225g plain flour
55g lard, cut into small pieces
Pinch of salt
2-3 tablespoons of cold water

Dressing

One small cooked beetroot cut into small, evenly sized cubes
Two or three tablespoons of mayonnaise



- 1 Sieve the flour and salt into a mixing bowl. Repeat a further two times to remove any lumps.
- 2 Rub in the lard until it reaches a sandy texture.
- 3 Make a well in the centre, add the water a little at a time and mix until it all sticks together. Try not to over-handle the pastry. Wrap in greaseproof paper and leave in the fridge while you prepare the filling.
- 4 Mix the beetroot with the mayonnaise, being careful not to crush the beetroot. Leave to rest in the fridge to allow the mayonnaise to absorb the colour.
- 5 Wilt the spinach in a little hot butter for 10-15 seconds, remove and leave to drain on some kitchen paper.
- 6 In a cold bowl, whisk the eggs then add the cream, shallot, spinach, kipper and cheese if using. Mix well.
- 7 Take the pastry from the fridge and roll out on a floured surface until it is wide enough to cover four tartlet cases.
- 8 Lightly grease the tartlet cases and coat with flour. Add the rolled pastry, making sure you have it tucked in well and cut to size.
- 9 Spoon in the filling, dividing it evenly between the four cases. Try not to have any over the side of the mould as it will make the tartlet stick.
- 10 Bake in a moderate oven (Gas mark 4/180 deg C) for 20-25 minutes, then remove and rest for 3-4 minutes. To serve, place on a warmed plate with the beetroot dressing.

Enjoy these with a glass of chilled white Rioja. They're great fun to make and of course you can vary the fillings depending on your catch. An added bonus is you now have a great short pastry recipe.

Happy cooking and tight lines!



TOP TIPS

- 01 Short pastry is simple to make, but it's also readily available in shops if you want to cheat or simply want to save time.
- 02 Short pastry freezes well, so why not double up the quantities and keep some for another day.
- 03 For that extra bit of decadence, serve with a poached egg on top and a creamy cheese topping.
- 04 If you are taking pastry on a picnic, it's always better to wrap it in greaseproof paper rather than cling film, which gives it an aftertaste and makes it sweat.

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