

Smoked Trout Tartlets

Crisp, golden filo pastry contrasts with a creamy trout and a three-cheese filling in these pretty little tartlets..

SERVES 4

8 x 15cm/6in squares filo pastry
50g/2oz butter, melted
50g/2oz Gruyère cheese, grated
115g/4oz mascarpone cheese
50g/2oz Parmesan cheese, grated
45ml/3 tbsp milk
75g/3oz smoked trout
8 cherry tomatoes, halved
Salt and ground black pepper
Fresh flat leaf parsley and salad leaves,
to garnish



1. Preheat the oven to 180°C/350°F/Gas 4. For each tartlet, place two squares of filo pastry on top of each other at angles to form a star shape. Brush with melted butter and place, buttered side down, in an individual Yorkshire pudding pan or 10cm/4in tartlet pan. Repeat for the other three pans with the remaining filo.
2. Support the pans on a baking sheet and brush the pastry with a little more butter. Bake for 5 minutes or until the tartlets are crisp and light golden brown in colour. Remove the tartlets from the oven but leave the oven on.
3. In a large bowl, combine the three cheeses and milk. Season generously with salt and pepper and mix well.
4. Cut the smoked trout into bitesize pieces using kitchen scissors or a knife. Arrange the halved tomatoes and trout in the pastry cases.
5. Spoon the cheese mixture into the cooked pastry cases, gently pressing it down with the back of a spoon. Return the tartlets to the oven and bake for 10–15 minutes more, until the cheese is bubbling and golden brown. Serve immediately on individual plates, garnished with the parsley and a few salad leaves.

COOK'S TIPS Cover the filo pastry sheets with a damp, clean dishtowel or clear film or plastic wrap until you are ready to use them, so that they do not dry out. Although Gruyère is the preferred cheese for these tartlets, Emmenthal or Jarlsberg could be used instead. Grate the cheese finely with a microplane grater.

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