

Smoked Trout & Leek Tart

Pastry

240 gms	Plain Flour
¼ tsp	Salt
180 gms	Cold unsalted butter
60 ml	Ice-cold water

Filling

2 handfuls	English spinach leaves, stalks removed
2 tsp	Olive Oil
1	Leek, finely sliced
1 clove	Garlic, finely chopped
Handful	Sorrel
Handful	Parsley, stalks removed
4 sprigs	Thyme, leaves only
900 ml	Cream (35% fat)
2	Bay leaves
Salt and black pepper	
Few nutmeg gratings	
3	Smoked trout fillets
6	65 gm eggs



Place flour, salt and butter in a food processor and pulse till mix resembles fine breadcrumbs, then add water while blending till dough forms a ball.

Line a loose-bottomed 26-28 cm tart tin with pastry and then blind bake the tart shell. At 180°C for 20 minutes.

Gently cook the spinach in a covered pan with 2 tbsp of water for about 5 minutes or until soft. Press out all the water, roughly chop and set aside. In a clean pan, sweat the leek in the oil, covered and over low heat, until soft but not coloured. Add the garlic and cook for a moment, then add the washed sorrel, parsley, thyme and reserved spinach.

In a separate pan, bring cream to the boil with the bay leaves and a small pinch of salt, some pepper and nutmeg, and then remove the bay leaves. Add the leek and herb mixture to the cream, return to the boil and taste for seasoning.

In a large heatproof bowl, whisk the eggs well, then use a wooden spoon to incorporate the hot cream mixture gradually into the egg and pour the custard into the tart shell.

Break the trout into large pieces over the surface of the tart. Bake at 180°C for 10 minutes, then 160°C until set, about 20 minutes. The top should feel firm and a knife-tip inserted in the centre should emerge clean.

Remove from the oven and rest for 10 minutes before carefully unmoulding and cutting.

By Dale (Stones Of The Yarra Valley)