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by Liz Robb

Smoked salmon and dill mini quiches



Ingredients

100g smoked salmon
Small handful of fresh dill
4 spring onions
3 eggs
200g cottage cheese
2 tablespoons of double cream
Freshly ground black pepper
Sunflower oil
Parmesan cheese

Preparation

1. 1. Preheat the oven to 180 degrees, 160 degrees fan oven.
2. 2. Chop the smoked salmon into small pieces. Wash and chop the dill, peel and finely chop the spring onions.
3. 3. Break the eggs into another bowl and beat them, then add the double cream and whisk together. Add the cottage cheese, season well with black pepper and mix well together. You probably won't need salt as the salmon and cheese are already quite salty.
4. 4. Brush the recesses in the muffin tin lightly with oil, and warm the tin in the oven for just a few minutes. Take it out and divide the smoked salmon pieces equally, dropping a few pieces into the bottom of each hole. Sprinkle the spring onion and the chopped dill on top. Then spoon in the egg mixture and sprinkle a little finely grated parmesan cheese onto each one. Bake in the oven for about 20 minutes, or until cooked through, raised and turning golden brown on top.
5. 5. Take the tin out of the oven and, after a few minutes, gently loosen the quiches from the tin and lift out onto a cooling tray. They will sink a little as they are cooling. They taste lovely eaten warm from straight from the oven, while the kitchen still smells wonderful, or store in an airtight container and keep in the fridge.
6. If you are making smaller canapés using mini muffin tins, remember that you may need to adjust the cooking time.
7. As an alternative to spring onions, you could try finely chopped red onion, cooked gently for 5 minutes in a little oil to soften first.
8. If you prefer, use chopped chives instead of dill to flavour the quiches. Or, finely chop capers to use instead of herbs.

Cooks Note