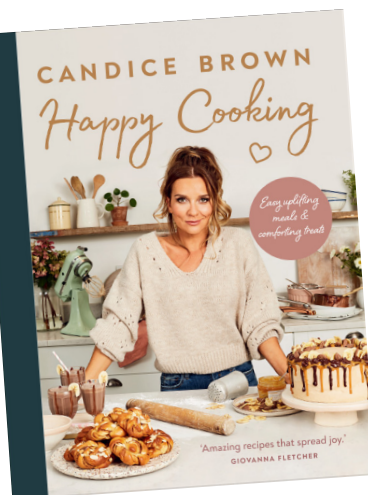


Candice Brown's goat's cheese, smoked salmon and asparagus filo tart



● Happy Cooking by Candice Brown is published by Ebury Press, priced £22



Create the perfect August supper, with this tasty filo pastry quiche. Candice Brown describes this as “a gorgeous summer tart that’s light enough for lunch, but also perfect if you are not too hungry but know you have to have something to eat.”

The cookbook author and former Bake Off winner says you can swap the salmon for ham hock or more vegetables if you’d prefer.

INGREDIENTS

(SERVES 4-6)

6-8 sheets of ready-made filo pastry
50g unsalted butter, melted
250g fine asparagus
5 eggs
100ml double cream
100ml whole milk
Small bunch of fresh flat-leaf parsley
200g baby spinach
5 spring onions, trimmed and finely chopped
200g smoked salmon
250g soft goat’s cheese
Salt and freshly ground black pepper

METHOD

- 1 Preheat the oven to 160°C fan (180°C/350°F/Gas Mark 4).
- 2 Brush a 25cm flan or quiche tin with melted butter and then lay in the first layer of filo pastry. Brush this with melted butter and lay in the second layer, then brush with more melted butter. Repeat with filo and butter until there are no gaps in the pastry, the tin is covered, and



you have lots of lovely jagged edges sticking up. You will have to arrange the sheets at different angles - six to eight sheets of pastry should work. Brush the last layer of pastry with butter and bake for eight to 10 minutes until the filo starts to turn golden and crispy. Remove from the oven and set aside.

3 Bend the asparagus spears until they snap - this is the bit that is too woody to eat - then blanch for two minutes in boiling water.

4 Mix the eggs, cream, milk and some salt and pepper together in a jug. Finely chop the parsley and stir through.

5 Layer up the spinach, asparagus and spring onions in the baked filo pastry case and tear the smoked salmon over the top. Pour over the egg mixture and top with slices of the goat’s cheese. Very carefully transfer the filled filo pastry case to the oven. (You may find it easier to put the flan tin on a flat baking tray and pour the egg mixture into the pastry while it is in the oven -

just be careful not to burn yourself.)

6 Bake for 25-30 minutes until the egg is just set with a slight wobble and the filo is golden brown - if it starts to catch, simply cover it with foil.

7 Serve warm on its own or with a heap of salad.