

SALMON AND CAPER FLAN

A dish to impress your guests it's easy to make, and doesn't strain the housekeeping budget by using tinned salmon instead of fresh. But if you really want to make a more luxurious flan, then by all means use fresh salmon.

Serves 4.

Ingredients:

225g (8 ozs) ready-made short crust pastry	150ml (¼ pint) milk
2 tablespoons olive oil	150ml (¼ pint) double cream
1 medium can tinned salmon	A little parsley, chopped
1 dessertspoon capers	6 spring onions, finely chopped
3 large eggs, beaten	

Method:



Roll out pastry and use to line an 18cm (7 inch) deep fluted loose bottom quiche tin. Prick base and chill for 25 minutes. Heat oil and fry spring onions for 5 mins. Beat together eggs, cream and milk. Season to taste. Preheat oven to 200C, 400F, Gas Mark 6. Scatter onions over pastry base, spread the flaked salmon evenly on top, and sprinkle the capers over. Pour egg mixture carefully over the top and cook for approximately 45-50 minutes, until the quiche is raised and firm to the touch.

Roll out pastry and use to line an 18cm (7 inch) deep fluted loose bottom quiche tin. Prick base and chill for 25 minutes. Heat oil and fry spring onions for 5 mins. Beat together eggs, cream and milk. Season to taste. Preheat oven to 200C, 400F, Gas Mark 6. Scatter onions over pastry base, spread the flaked salmon evenly on