

Haddock and Black Pudding Mini Tarts

Haddock and black pudding may seem like a peculiar combination but it is a match made in heaven, completely irresistible and exquisitely simple.

MAKES 6 LITTLE TARTS



FOR THE FILLING:

450g smoked haddock, skinless and boneless
Knob of butter
150g black pudding
1 egg
2 egg yolks
150 ml double cream
1½ tsp fresh thyme leaves chopped
Salt and freshly ground black pepper

FOR THE PASTRY:

50g suet – such as Atona
100g self raising flour
2 tbsp very cold water
Large pinch of salt

Preheat the oven to 220°C (425°F/ Gas Mark 7). Lay the fish on a piece of foil big enough to wrap it in, dollop on a little butter and grind over some black pepper, bring up the edges and scrunch them together to seal the parcel. Bake in the oven for 10 minutes. Don't worry if it looks underdone it goes back in the oven.

Cut the black pudding into thick slices and fry for 5 minutes. Mix the eggs, cream and thyme together and season with a little salt (the fish and black pudding can be quite salty) and plenty of black pepper.

Meanwhile make the pastry by mixing all the ingredients together in a large bowl until you have a soft dough, adding a little more flour if it is sticky or water if it is too dry. Knead for a couple of minutes until it becomes smooth and a little elastic.

Line 6 x 12cm non stick tart tins with pastry. Bake it in the oven for 5 minutes, allow to cool. Flake the fish and chop the black pudding into chunks, divide them evenly between the tins. Pour over the cream and egg mixture. Bake for 10 minutes, no more.

Serve with a lovely crunchy salad.