

# Smoked Haddock and Leek Tart

Another one to try from my favourite fish man, Mr. Stein. Let's translate this into French and call it a Quiche, eh? Something like: *Quiche d'Aiglefin Fumé et Poireaux*.

## Planning

serves:	6-8
prep time:	1 hr
cooking time:	50-60 mins

## Ingredients

25g/1oz butter  
225g/8oz leeks, cleaned & thinly sliced  
350g/12oz undyed smoked haddock  
small bunch of chives  
3 large eggs  
284ml/9½ fl oz carton double cream  
3 tbsp finely grated parmesan (optional)  
Rich Shortcrust Pastry made with 225g/8oz flour

## Method

On a lightly floured surface, roll out the pastry in to a round large enough to fit a 25cm/10in loose-bottomed flan tin about 4cm/1½in deep. Prick the base here and there with a fork and chill for 20 mins.

Meanwhile, melt the butter in a large pan, add the leeks and some seasoning and cook gently, uncovered, for 15 mins, stirring occasionally until they are very tender. Bring some water to the boil in a large shallow pan. Add the haddock and simmer for 4 mins, until just cooked. Lift out onto a plate and leave until cool enough to handle, then break the fish into flakes, discarding any skin and bones.

Preheat the oven to 200°C/fan 180°C/gas 6. Line the pastry case with non-stick baking parchment and baking beans. Place on a baking sheet and bake blind for 15 mins. Remove the paper and beans, and return the empty case to the oven for 5 mins until cooked and lightly golden. Remove from the oven. (The pastry case, leeks and haddock can all be prepared up to a day ahead to this stage. When cool, store the pastry in an airtight container, and the leeks and fish in the fridge.)

Turn oven down to 190°C/fan 170°C/gas 5. Snip the chives into the leeks and scatter them over the base of the pastry case. Scatter the flaked fish over the top. Beat the eggs with the cream, parmesan and some seasoning, then pour over the leeks and fish. Bake for 30-35 mins until just set and lightly browned on top. Remove from the oven and leave to cool slightly before serving.