

FISH PATÉ

Serves: 2 as a starter or snack



INGREDIENTS

2 ounces cream cheese
2 teaspoons crème fraîche
2 ounces cooked fish this could be salmon, mackerel or tuna - can be fresh or tinned
A few drops of lemon juice
Black pepper (optional)
Cheese biscuits and/or vegetable sticks e.g celery

EQUIPMENT

Mixing spoon
Bowl
Weighing scales
Ramekin &
Small plate (to serve)

TOP TIPS

If you chill the paté for later the texture will become a little firmer.

METHOD

1. Weigh all the ingredients, adding each of them to the bowl as you go.
2. Break the fish up into chunks.
3. Beat all the ingredients together with the wooden spoon until it reaches the consistency you like. It's quite good to have some texture of the fish.
4. Serve in ramekin on a plate with the biscuits and vegetable sticks around the dish
5. You can eat immediately or chill for later.