

SMOKED SALMON, ASPARAGUS &
CRICKET ST THOMAS QUICHE

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS
the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

SMOKED SALMON, ASPARAGUS & CRICKET ST THOMAS CAMEMBERT QUICHE

Chef Gary Parsons

Ingredients

SERVES 1

EC740 Cricket St Thomas Camembert	150g
CA646 Chapel & Swan Smoked Salmon	130g
IN165 Cornish Sea Salt Flakes	5g
Shortcrust Tart	1 whole tart
Asparagus, blanched and sliced	1 bunch
Spring Onions, sliced	4 onions
Dill, chopped	10g
Eggs	3
Double Cream	185ml
White Pepper	2g

Method

1. Whisk together the double cream, eggs and dill in a large jug. Season well with the sea salt flakes and white pepper.
2. Place the ready made base of the quiche into a tin. Evenly arrange the smoked salmon, camembert, asparagus and spring onions over the quiche base.
3. Carefully pour over the egg mixture. Make sure it is evenly poured across the base and covering all the ingredients.
4. Lastly, place in the oven for 35 to 40 minutes, until the filling is golden and properly set.



SMOKED SALMON & ASPARAGUS QUICHE
with Cricket St Thomas camembert

Cricket St Thomas Camembert

A rich and creamy camembert with a soft, edible rind. A British alternative to the famous French classic, with a notable flavour difference which is the result of its local milk and production process.

Chapel & Swan Smoked Salmon

No liquid smoke flavours here. Chapel & Swan's flagship product is hand filleted from prime sustainable salmon and oak-smoked overnight in brick kilns. It's a slow, traditional, hands-on process that infuses the fish with an ethereal smokiness balanced by just the right level of salt.

Cornish Sea Salt Flakes

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.
