

Brown Shrimp & Spinach Tartlets



Makes 4

Prep 20 mins + chilling

Cook 40 mins

Easy

For the filling

200g fresh spinach
1 tsp finely grated lemon zest
100g brown shrimp
1 tbsp lemon juice
2 eggs
150ml double cream
grated nutmeg
seasoning

For the pastry

200g wholemeal spelt flour
pinch of salt
110g cold butter, cubed
1 egg yolk
1-2 tbsp cold water

shop bought short crust pastry will do fine in which case start from no 3 below.

For the pastry

1. To make the pastry, put the flour with a pinch of salt in a food processor or a bowl. Add the cubes of cold butter and either blitz or rub it in with your fingertips until the mixture is the consistency of fine breadcrumbs.
2. Add the egg yolk and 1 tbsp of water and mix to form a dough. If the dough is a little too crumbly, add a little more water. Wrap the dough in cling film and chill for at least an hour. If you're in a hurry you can chill the dough in the freezer for 10 - 15 mins.
3. Preheat the oven to 200C/Fan 180C/Gas 6. Divide the pastry into 4 balls and roll them out into rounds slightly larger than your tartlet tins. Line the tins with the pastry. Pierce the base of each all over with a fork, then line with baking parchment and add some baking beans.
4. Bake the pastry cases in a preheated oven for 15 mins, then remove the beans and the paper and bake for a further 10 mins until the pastry is cooked through and light brown in colour. When the pastry is cool, trim the edges if necessary.

The filling

1. To make the filling, cut off any long stalks from the spinach and cook it briefly until wilted. Drain and press out as much water from the spinach as you can. Divide the spinach between the tartlet shells, then sprinkle over the lemon zest. Mix the brown shrimp with the lemon juice, then divide them between the tartlet shells. Season.
2. Beat the eggs together, then add the double cream. Pour an equal amount of mixture into each tartlet over the spinach and shrimp, then finish with some grated nutmeg.
3. Bake the tartlets in the oven for 10-15 mins until the egg mixture is set, with just a slight wobble in the middle. Serve hot or cold.