

Taramasalata

Ingredients

8oz (225g) Smoked Cods Roe
¼ pint (150ml) Oil
2 Tablespoons Lemon Juice
2 Tablespoons finely chopped Parsley
1 Tablespoon finely chopped Onion
Freshly Milled Black Pepper

Put the Smoked Cod s Roe into a mixing bowl.

Pour over boiling water to cover soak for 2-3 minutes.

This will loosen the skin. Drain and peel the skin off.

Coarsely chop the roe and return to the bowl.

Add 2 tablespoons of the oil and mix together.

Allow to stand for 15 minutes to soften then press through.

Sieve into a mixing bowl to make smooth mixture.

Beat in 1 tablespoon of the Lemon Juice.

Gradually beat in the oil 1 tablespoon at a time, beating in the remaining Lemon Juice half way through adding the Oil.

Stir in the chopped Parsley and onion and season with Pepper.

Spoon into serving dish cover with cling film and chill.

The flavour will improve if the Taramasalata is made 1-2 days before serving.

It will keep for a week.

Spread on hot pitta bread or unbuttered toast.

Serves 6