

Ackee & Smoked Salmon Val-Au-Vent



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Ingredients

- 1 can ackee (or fresh boiled)
- ½ lb of smoked salmon (julienne)
- 1 onion diced
- 1 red pepper diced
- 1 green pepper diced
- 1 clove garlic chopped
- 1 sprig fresh thyme, chopped
- ¼ cup olive oil
- 1 tsp black pepper
- Salt to taste
- 2 boxes frozen tart shell 2 1/2"

Method

In a medium pot heat oil, add onions, garlic and sauté for 2 minutes. Add peppers and smoked salmon. Sauté for another 2 minutes then add drained ackee, thyme, pepper and salt to taste. Sauté for another 3 minutes. Bake tart shell in oven at 350 degrees for 20 minutes or until golden brown, careful not to overcook. Let cool on rack for 15 minutes. Remove from foil and add ackee to shells. Serve with plantain, bread or festival.