



Smoked Trout & Dill Quick Breads

Makes 12 large or 20 small quick breads

Make these in a mini muffin size pan and serve them spread with NUTTELEX as an appetiser. You can also make them larger and serve draped with smoked trout and a dollop of sour cream as a delicious first course.

Ingredients:

2 cups plain flour OR 2 cups self-raising flour
3 1/2 teaspoons baking powder
3/4 cup grated cheddar cheese (use a tasty or vintage variety)
2 tablespoons fresh dill, finely chopped
freshly ground pepper to taste
1 egg
1 3/4 cups milk
2 tablespoons melted NUTTELEX
1/2 cup smoked trout, bones removed and flesh finely chopped

Method:

1. Sift flour and baking powder together in a bowl. Add cheese, dill and pepper.
2. Beat egg lightly, add milk and melted NUTTELEX.
3. Add liquid ingredients together with trout to dry ingredients.
4. Mix together with wooden spoon until combined but don't overmix as mixture will toughen.
5. Spoon into greased muffin pans.
6. Cook at 210°C for 10-15 minutes or until quick breads are well risen and golden brown.

Average adults require 800mg calcium each day which can be provided by 250ml milk, 200g yoghurt and 25g cheese.

Makes 6 small loaves.