



# Kipper Pâté



## Ingredients *(serves 2 – 4)*

- 2 pairs of kippers, undyed
- 150g unsalted butter, softened
- pinch cayenne pepper
- whole nutmeg for grating
- 3 tbsp double cream
- juice of 1 lemon
- fresh ground black pepper

## Method

Put the kippers into a large jug or tray and pour over boiling water.

Let them rest in the hot water for a few minutes then drain and place on a plate.

Remove all the skin and bones from the kippers. Ours yielded 170g of useable fish.

Put the kipper flesh in the bowl of a food processor. Add the butter and blend.

Stir in the cream, and then add the cayenne pepper and a good grating of nutmeg.

Season with freshly ground black pepper and the lemon juice. It's not usually necessary to add salt as the kippers will have already added enough.