

Kate's Smoked Mackerel Pate



Ingredients

250g (8oz) smoked mackerel (approx)

250g (8oz) low fat cream cheese

Juice of 1 lemon (if a lot of juice only use half as will make it too sloppy)

½ tsp of Cayenne pepper or horseradish sauce - whichever you prefer

Black pepper to taste

Preparation

Quantities are very approximate and can be varied according to taste.

This makes enough for about 6-8 people to have as a starter.

Place all ingredients in a blender or food processor and whiz up! If you like it firmer or sloppier, vary the quantities of cream cheese and smoked mackerel.

Once you have made it you, will be able to judge how you like it best. I serve with toast as a starter.

Kate Fretten, Employment Partner

"I love this recipe. As you can see it is very quick and easy and everyone loves it. It has the added bonus of being very healthy and low in fat (but don't tell my husband!)"

