

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Honey Roasted Fig and Smoked Salmon Crostini with Stilton

Ingredients Serve 8-12

1 baguette, sliced diagonally into 24 slices
Olive oil
6 ripe figs, quartered lengthways
1 tbsp runny honey
12 strips of smoked salmon
200g stilton or other semi hard cheese

Method

Heat the oven to 200°C/gas 6. Arrange the baguette slices in a single layer on a baking sheet, drizzle with the olive oil and sprinkle with salt. Bake for 8-10 minutes until crisp. Put the fig quarters into a baking tray, drizzle over the honey and mix well. Bake for 10 minutes until soft and caramelised (watch they do not burn). Set aside.

Spread each piece of toasted baguette with a little cheese, then top with half a strip of the smoked salmon and the fig quarter. Drizzle over a **little** honey if you like a little extra sweetness.

Per crostini Approx

Kcals 122

Fat 6g

Protein 4.5g

Carbs 11.9g