

Pilchard Mayo Pies

Ingredients:

For the Pilchard Mayo:

2 cans Lucky Star pilchards in Sweet Chilli Sauce
90 ml mayonnaise

For the Pilchard Mayo Pies:

2 rolls of puff pastry
Flour, to dust the work surface
Pilchard mayo
1 egg, beaten (egg wash)

Serving suggestions:

Mayonnaise
Tomato sauce
Mustard

Method:

For the Pilchard Mayo:

1. Remove only the pilchards from the tins, remove and discard the bones using a fork (this is an optional step – as it is totally safe to eat the bones) and place into a shallow bowl.
2. Add the mayonnaise to the pilchards and mix well, but gently to keep some nice chunks.

For the Pilchard Mayo Pies:

1. Pre-heat the oven to 180 °C and grease a muffin tin.
2. Flour the work surface. Roll out the puff pastry and cut out discs (large enough to be pressed into a muffin tin with a 1.5cm overhang).

3. Line each of the greased cups of the muffin tin with the puff pastry discs. Brush the overhang of pastry with egg wash to secure the pastry sticking to the lids during baking.
4. Cut out 12 smaller pastry circles from the remaining pastry, to form the lids.
5. Spoon the pilchard mayo mixture into the muffin tin cups and cover with the pastry lids.
6. Pinch the edges of the pastry cups together to seal.
7. Use a sharp knife to make small incisions in the pastry lids.
8. Beat the egg and brush over the top of each pie.
9. Bake 15 – 20 minutes until golden & crisp.
10. Cool on a wire rack for 5 minutes and ENJOY!!

Loaded Pilchard Mayo Toasties

Ingredients:

For the Pilchard Mayo:

1 can Lucky Star pilchards in Sweet Chilli Sauce
3-4 tbsp mayonnaise

For the Pilchard Mayo Toasties:

4 slices ciabatta or bread of choice
4 tbsp butter, softened
4 slices mozzarella cheese
4 slices cheddar cheese
Pilchard mayo
4 large gherkins, sliced thinly lengthwise (into ribbons)

Serving suggestion:

Simple green side salad

Serves 2

Method:

For the Pilchard Mayo:

1. Remove only the pilchards from the tins, remove and discard the bones using a fork (this is an optional step – as it is totally safe to eat the bones) and place into a shallow bowl.
2. Add the mayonnaise to the pilchards and mix well, but gently to keep some nice chunks.

For the Pilchard Mayo Toasties:

1. Generously spread both sides of the ciabatta slices with butter.
2. Add two cheddar cheese to slices onto the bottom 2 slices of bread, top with the pilchard

mayo mixture, the gherkin slices and another 2 mozzarella cheese slices. Finish off each sandwich with another slice of ciabatta.

3. Warm a large non-stick pan and add the sandwiches to toast, 3-5 minutes a side.

4. When crisp and golden on the outside & the cheese is melted on the inside, they are ready.

5. Serve with a simple green salad and enjoy!!

Baked Potato with Cheesy Pilchard Mayo

Ingredients:

For the Pilchard Mayo:

1 can Lucky Star pilchards in Sweet Chilli Sauce
3-4 tbsp mayonnaise

For the Pilchard Mayo Baked Potatoes:

2 Large potatoes
2-4 tbsp butter
Pilchard mayo
1/2 cup grated cheddar cheese

Serving suggestion:

Sour cream
Chives, chopped

Method:

For the Pilchard Mayo:

1. Remove only the pilchards from the tins, remove and discard the bones using a fork (this is an optional step – as it is totally safe to eat the bones) and place into a shallow bowl.
2. Add the mayonnaise to the pilchards and mix well, but gently to keep some nice chunks.

For the Pilchard Mayo Baked Potatoes:

1. Scrub to clean the potatoes and poke each potato with a fork, 5-7 times.
2. Place the potatoes directly onto the microwave plate. 2 potatoes: 10-12 minutes & 4 potatoes: 15-17 minutes
3. When the time is up, check that the potatoes are cooked by gently piercing with a fork.

The fork should easily pierce the potato.

4. Carefully cut open the potatoes from the top, add a spoon of butter and mix slightly with a fork. Season.

5. Spoon the pilchard mayo mixture on top and sprinkle with grated cheese.

6. Place the potatoes back into the microwave for another minute until the cheese has melted.

7. Add a dollop of sour cream onto each potato and garnish with chopped chives.
Serve and ENJOY!!