



Smoked Salmon and Egg Cups

(adapted from Chef Michael Smith's [recipe](#))

Ingredients (serves 4):

- 200g of sliced smoked salmon
- 4 large eggs or 6 small eggs (around 230-240g)
- 3 tbsp plain yoghurt
- 1/2 cup grated Swiss or Harvati cheese
- Small bunch fresh dill, chopped (about 1 tbsp)
- Small bunch fresh chives, chopped (about 2 tbsp)
- Salt & Pepper to taste

Directions:

1. Preheat your oven to 180 degC (350 degF).
2. Line four ramekins with a few slices of smoked salmon each. You only really need to go around the circumference of the cups - you don't need to cover the base entirely. And your smoked salmon should go at least 2/3 way up the sides of the cups.
3. Use a fork to whisk the eggs with the yogurt until relatively smooth. Stir in the cheese, dill, chives, salt and pepper. Pour the egg mixture into each ramekin to just below the top of the salmon edge.
4. Place the ramekins in a baking dish and add enough boiling water to come halfway up the side of the ramekins. (If you are using a 8x8 baking dish like I did, you won't have a lot of space from which to add in the boiling water, so I would suggest putting just three of the ramekins in the dish at first, adding the water to 1/3 way up the side of the ramekins, then putting in the final ramekin.)
5. Place the baking dish in the oven bake until set, about 25 minutes.