Salmon, Spinach and Potato Slice

One 8×12 in (20×30 cm) dish, at least 3 qt/2.8 L;6 substantial rectangular slices · Active 35 min · Total 1 hr 40 min

Ingredients

- 1 lb 5 oz waxy potatoes, peeled and sliced 1/8 in/3 mm thick (600 g prepared)
- 6 cups water (1.4 L), for potatoes
- 7 oz fresh spinach (200 g)
- 1 tablespoon water (15 ml), for spinach
- 1 tablespoon butter (15 g)
- 1 medium onion, finely chopped (150 g)
- 12 oz plain canned salmon, drained and inspected (340 g drained)
- 6 large eggs
- 3/4 cup milk (180 ml)
- 1 teaspoon finely grated lemon zest (2 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper
- 1 1/2 oz mature cheddar, grated (40 g)

Set out

Oven, 8×12 in (20×30 cm) baking dish, at least 3 qt/2.8 L, Large saucepan, Small covered saucepan, Colander, Clean towel, Small skillet, Mixing bowl, Whisk, Rimmed baking sheet, Food thermometer, Broad spatula, Suitable foil for loose shielding if the topping colors before the center finishes

Allergens

Fish: salmon, Egg, Milk. Check labels and substitutions.

Make it

1. Heat oven to 375°F (190°C). Put the dish on a rimmed sheet. Bring potato slices and their water to a gentle boil, simmer 6–8 minutes until just tender and drain carefully.

2. Meanwhile wilt spinach with its tablespoon water in the small covered pan 1–2 minutes. Cool promptly until safe to handle, squeeze dry in a clean towel and chop. Melt butter in the skillet and cook onion 7–9 minutes until soft.

3. Whisk eggs, milk, zest, salt and pepper in the bowl. Arrange half the potatoes in the dish, distribute onion, spinach and salmon flakes, then add remaining potatoes. Pour egg mixture evenly through the layers and scatter cheddar.

4. Bake 35–40 minutes until the center is set without liquid egg and several thick points reach 165°F (74°C). Shield the surface loosely if needed while the middle finishes.

5. Rest 10 minutes, then cut into six rectangular slices and lift with a broad spatula.

Cut after the rest, not before

Use a broad spatula under a whole rectangle rather than lifting by the top potato layer. The potatoes are part of the slice, while the set egg is what holds them together.

A useful detail

The 100-minute total allows inspecting fish, separate potato/spinach/onion stages made alongside each other, layering, the full bake and 10-minute rest. Do not substitute raw potato slices into this method.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 2 days or an earlier opened-fish or dairy deadline. Keep chilled servings cold; for hot leftovers reheat to 165°F (74°C). Refrigeration is preferred to freezing because egg custard and potatoes can become watery or grainy.