

## **High in Trial Starter**

The advantage of this dish is that it can be made before your competition, kept in the refrigerator, and eaten to celebrate your triumphant return.

½ cold mashed potato, mixed with 2 tsp. mayonnaise

1 cold soft poached egg

1 jar or tin (can) artichoke hearts

Small piece of Alaska smoked salmon

Smoked oysters (optional)

Caviar (optional)

Method: Arrange a small amount of cold mashed potato on a small plate. Surround it with 4 artichoke hearts. Place four pieces of smoked salmon between the artichoke hearts. Place cold poached egg on top. For the extra extravagant touch, add smoked oysters, and a little caviar. (To soft poach eggs, bring a pan of water to a gentle simmer; add 1 tsp. vinegar. Very gently drop in an egg. Lift out immediately after the white has hardened, but while the yolk is still soft. The idea is to get the yolk to ooze over the mashed potato, artichoke hearts, and smoked salmon as you cut into it).