

# Easy Posh Smoked Salmon Pots or Dip

★★★★★  
5 from 6 votes

## Prep Time

5 mins

## Total Time

5 mins

Something to impress your guests that takes 5 minutes to make! Serve it as a dip or for a more elegant option, as individual pots. You will NEVER be able to buy a store bought dip with this intensity of fresh smoked salmon!

Course: Appetiser, Party Food

Servings: 3 cups

Calories: 276 kcal

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## Ingredients

- 8 oz / 250g smoked salmon , roughly chopped
- 3.5 oz / 100g unsalted butter , softened
- 5 oz / 150g cream cheese , softened
- 1 cup thick greek yoghurt
- 2 tbsp fresh dill or chives , finely chopped (plus more for garnish)
- 2 tbsp lemon juice , preferably fresh
- 1/2 tsp salt , plus more to taste
- Black pepper

## Instructions

1. Place all ingredients in a bowl and use a hand mixer or a stand mixer to combine, until the salmon is pureed to your taste. I like mine slightly chunky. OR mince the salmon with a knife (easy, it's so soft) and just use a spoon to mix until well combined.
2. Adjust salt and pepper to taste.
3. If making individual pots, divide into individual servings.
4. Refrigerate overnight, covered, to allow the flavours to develop.
5. For both the dip and individual pots, take it out of the fridge 15 minutes before serving to soften.
6. Serve with: store bought bagel crisps (my favourite!) or slices of fresh bread.

## Recipe Notes

1. This lasts for 3 days, then it starts losing some of the intense smoked salmon flavour.
2. This makes 3 cups, enough to serve 6 - 8 individual pots for a dinner party appetiser.
3. I use butter instead of just cream cheese because I believe it allows the flavour of the smoked salmon to come through better. This dip has a slight tang to it which I like as it cuts through the richness. Without the yoghurt, I find this dip far too rich.
4. Nutrition per serving, assuming 6 servings.

<b>Nutrition Facts</b>	
Serving Size 128 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 276	Calories from Fat 215
<b>% Daily Value*</b>	
<b>Total Fat</b> 23.9g	<b>37%</b>
Saturated Fat 14.5g	<b>73%</b>
<b>Cholesterol</b> 73mg	<b>24%</b>
<b>Sodium</b> 1145mg	<b>48%</b>
<b>Potassium</b> 206mg	<b>6%</b>
<b>Total Carbohydrates</b> 3.7g	<b>1%</b>
Sugars 3.1g	
<b>Protein</b> 11.2g	
Vitamin A 17%	• Vitamin C 7%
Calcium 10%	• Iron 4%
<b>Nutrition Grade D+</b>	
* Based on a 2000 calorie diet	

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