



Inspired by Scandinavia

## CRISPY SKIN SALMON, CUCUMBER SALAD AND AVOCADO PUREE

### EQUIPMENT

CHEFS KNIFE, MEDIUM SIZE FRY PAN, FOOD PROCESSOR OR STICK BLENDER, LARGE KITCHEN SPOON, SMALL MIXING BOWL, VEGETABLE PEELER, BAKING PAPER, PERFORATED TRAY

### INGREDIENTS

1 X 200GM ATLANTIC SALMON FILLET SKIN ON, ½ CONTINENTAL CUCUMBER, 2 PEELED SHALLOTS,  
1 RIPE TOMATO, ½ RED CHILLI, 1 LIME, 3 CORIANDER SPRIGS, FLAKE SALT,  
EXTRA VIRGIN OLIVE OIL, LIGHT SOY SAUCE, FRIED SHALLOTS

### METHOD

SEASON THE SALMON ON BOTH SIDES AND RUB A LITTLE OLIVE OIL INTO THE FLESH SIDE OF THE FILLET. PLACE THE FILLET IN BETWEEN TWO SHEETS OF BAKING PAPER AND ON TO A PERFORATED TRAY. PLACE INTO A PRE-HEATED OVEN STEAM SETTING 45°C FOR 20 MINUTES.

SCOOP THE FLESH FROM THE AVOCADO AND PLACE IT IN A FOOD PROCESSOR WITH THE JUICE OF HALF A LIME, A PINCH OF SALT AND APPROX 10-15CM OF COLD WATER AND BLEND UNTIL SMOOTH AND SET ASIDE.

FINELY SLICE THE SHALLOTS AND ADD THEM TO A MIXING BOWL WITH A PINCH OF SALT, DRIZZLE OF EXTRA VIRGIN OLIVE OIL, A SPLASH OF SOY SAUCE AND THE OTHER HALF OF THE LIMEJUICE.

PEEL THE CUCUMBER INTO RIBBONS AND ADD THE PEELED RIBBONS TO THE SHALLOTS WITH PICKED CORIANDER LEAVES.

JULIENNE THE TOMATO SKIN AND ADD TO THE SALAD AND TOSS THE SALAD WELL AND SET ASIDE.

1 MINUTE PRIOR TO THE SALMON BEING READY HEAT A FRY PAN OVER MEDIUM HEAT AND ADD A DRIZZLE OF EXTRA VIRGIN OLIVE OIL.

REMOVE THE SALMON FROM THE OVEN A PAT DRY ON PAPER TOWEL.

PLACE THE SALMON INTO THE PAN SKIN SIDE DOWN AND PAN FRY FOR 2-3 MINUTES UNTIL THE SKIN IS CRISP.

TO FINISH SPOON SOME AVOCADO PUREE INTO THE BOTTOM FOR A PLATE AN PLACE THE CUCUMBER SALAD ON TOP. REMOVE THE SALMON FROM THE PAN AND PLACE IT ON THE SALAD SKIN SIDE UP. FINISH BY SCATTERING A FEW FRIED SHALLOTS OVER THE DISH AND A SPRINKLE OF FLAKE SALT

### HINTS & TIPS

- STEAMING THE FISH AT SUCH A LOW TEMPERATURE ENSURES THAT EVEN AFTER PAN- FRYING THE FISH WILL NOT BE OVERCOOKED.
- AVOCADO PUREE IS A GREAT ADDITION TO ANY FISH DISH AND THE USE OF LEMON OR LIMEJUICE WILL ENSURE IT DOES NOT OXIDIZE.