

POACHED SALMON, MANDARIN, WILLUNGA ALMOND AND FENNEL SALAD WITH HONEY MUSTARD DRESSING

POACHING THE SALMON

400G FRESH SALMON PIN BONES REMOVED AND SKINNED (ASK YOUR FISH MONGER TO DO THIS)
1L LIGHT FISH OR CHICKEN STOCK
1 GARLIC CLOVE
1 STICK CELERY
1 ONION
1 SMALL CARROT
1 BAY LEAF
1/2 FENNEL BULB (OR 3 STICKS WILD FENNEL)
250ML CHAPEL HILL VERJUICE
WHITE PEPPERCORNS

PLACE THE STOCK ON THE STOVE IN A MEDIUM SIZED SAUCEPAN.

ADD THE GARLIC CLOVE, CELERY, ONION, CARROT, BAY LEAF, FENNEL, VERJUICE AND WHITE PEPPERCORNS.

BRING TO THE BOIL THEN REDUCE THE HEAT TO AS LOW AS POSSIBLE.

ADD THE SALMON AND LEAVE ON THE HEAT TILL THE SALMON IS ALMOST COOKED (APPROX 6 MINUTES).

THE SALMON SHOULD FEEL FIRMER AND IS A PALE PINK COLOUR. IT SHOULD FLAKE EASILY.

IF UNSURE CUT THROUGH THE THICKEST PART OF THE FISH AND IF UNDER COOKED RETURN TO THE POT AND LEAVE FOR A COUPLE MINUTES.

CAREFULLY REMOVE THE SALMON FROM THE HOT LIQUID AND COOL IN THE FRIDGE.

HONEY MUSTARD DRESSING

1 TBLSPN MUSTARD
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1 TBLSPN WHITE WINE VINEGAR
1/2 SMALL SHALLOT PEELED
150ML CHAPEL HILL OLIVE OIL

PLACE THE MUSTARD, HONEY, WHITE WINE VINEGAR AND SHALLOT INTO A FOOD PROCESSOR AND BLEND TILL PUREED.

SLOWLY ADD THE OIL WHILST BLENDING AND ADD TILL THE DRESSING BECOMES THICK.

ADJUST THE SEASONING AND PLACE IN THE FRIDGE TILL READY TO USE.

SALAD

1 FENNEL BULB SLICED FINELY
100G ALMONDS ROASTED
4 MANDARINS PEELED AND PITH REMOVED FROM THE SEGMENTS
COOKED AND COOLED SALMON
100G BABY SPINACH OR WILD ROCKET WASHED AND DRAINED WELL
SALAD DRESSING
SMALL PIECE OF PECORINO (OPTIONAL)
1 TSPN BLACK SESAME SEEDS (OPTIONAL)



PLACE ALL THE INGREDIENTS EXCEPT THE SALMON IN A LARGE MIXING BOWL WITH ENOUGH SALAD DRESSING TO LIGHTLY COAT THE INGREDIENTS AND TOSS GENTLY.

GENTLY BREAK UP THE COOKED SALMON SO YOU END UP WITH LONG FLAKES.
SCATTER HALF OF THESE THROUGH THE SALAD, GENTLY TOSS THEN DIVIDE ONTO FOUR PLATES AND DISTRIBUTE THE REMAINING SALMON BETWEEN THEM.
SPRINKLE OVER THE SESAME SEEDS AND SHAVE A LITTLE PECORINO ONTO EACH.

ENJOY WITH A GLASS OF CHAPEL HILL VERJUICE MIXED WITH SODA OR MINERAL WATER FOR A REFRESHING CHANGE.