

Quartet of salmon

With an oven and a single flame, this foursome can be cooked in 30 minutes, or its components can serve as the base for a quick tasty meal. When cooking the whole dish, it is suggested to follow the order of the recipe to make best use of the time.

Preparation:

Scale the salmon as needed.

For the oil-poached salmon:

Equipment:

Kettle
Cold water
Pan to hold water, 55°C
Freezer bag
Digital Thermometer
Bag clip to close the freezer bag
Chopping board
Knives for cutting/scaling as appropriate
Sharp object (corn cob holder) for puncturing salmon

Ingredients:

100g salmon fillet (skinless, boneless)
Olive oil for poaching
Herbs such as: garlic, bay leaf, oregano, rosemary
Salt/pepper for seasoning
Lapsang tea, if a smoky flavour is desired

Method:

Puncture the salmon. Combine all ingredients in the freezer bag and gently massage to mix. Be generous with the herbs- in the short poaching time they won't have much opportunity to flavour the salmon.

Close the bag with the clip such that no air bubbles are in there. Bring the water to no more than 55°C (using boiling water and cooling it down to 55°C with cold water is fastest). Place the bag in the water.

-- 5 minute mark --

Leave to poach in the water for 15-20 minutes, always keeping the temperature in the 50-55°C range. When plating up, very gently remove the salmon from the bag (it will flake apart easily) and discard the herbed seasoning mix (or keep refrigerated and use in a pasta dish next day).

For the Salmon soufflé:

Equipment:

Knife
Handheld blender
Mug (big enough to fit blender)
Teaspoon
Tablespoon
Ramekin
Convection oven
Foil (optional)
2 small containers to hold spit egg

Ingredients:

70 gr salmon fillet
1/2 eggwhite
1 tsp flour
1/2 tsp mustard
1 tbsp honey
Dill, either fresh chopped or 1 tsp dried
juice of 1/2 lemon (+zest?)
Pepper, salt to season
1/2 tsp bicarbonate of soda



Method:

Combine ingredients (bicarbonate last) and blitz into a liquid paste with a handheld blender. Line ramekins with buttered, floured foil (unless later on you serve the soufflé in the ramekin). Fill up the ramekin 1/2 full and place in a preheated oven 200°C.

-- 10 minute mark --

Leave to bake for 10-15 minutes, until golden and puffed up.

For the foil-cooked salmon curry

Equipment:

1 tablespoon

Knife

2 bowls

Tin foil

Convection oven (preheated at 200°C)

Kitchen paper

Ingredients:

100gr salmon

2 tbsp kecap manis (sweet soy sauce)

1 clove garlic

1 tsp kashmiri garam masala

pinch star anise powder

1 tbsp grated coconut cream (about 25 grams) or thick coconut milk

1 tbsp lemon juice

2 tbsp sunflower oil

Method:

Cut the salmon in chunks to help it absorb flavours/cook faster, then rub the marinade onto the salmon. Fold the foil into bag shape (okay, just crumple it up) containing salmon+spices. Place in a 200°C oven.

-- 15 minute mark --

Leave to bake for 8-10 minutes. Take out of the oven. Serve the salmon with its sauce.

For the honey/mustard dill sauce:

Equipment:

Handheld blender

Clean mug/ramekin large enough to fit blender

Tablespoon

Teaspoon

Knife

Ingredients:

1 tbsp honey

small-chopped fresh dill

lemon juice

1/2 tsp mustard

Method:

Blend together with a handheld blender. Transfer to a small bowl.

-- 20 minute mark --

For the salmon skin crackling:

Equipment:

- Cutting board

- Pan for frying

- Filet knife

- Digital thermometer

- Kitchen paper

- Utensil to prevent curling

Ingredients:

- 1 descaled salmon skin, fat trimmed
- flour, salt
- sunflower oil to fry

Method:

Heat sunflower oil (or olive oil) to 180°C. Thoroughly pat dry the salmon skin with kitchen paper to remove any excess moisture. Apply a good amount of pressure while doing this. Repeat with a dry sheet of kitchen paper. Liberally coat in flour on both sides, season with salt and shake off the excess of flour. Deep-fry the skin in the hot oil, keeping it from curling up. When thoroughly browned, remove from oil, then lightly season with salt again.

-- 25-27 minute mark --

To serve:

Equipment:

Digital timer
Large plate

At 27 minutes it's time to plate up. The dishes are arranged in order of flavour strength and should be eaten from delicate to strong.

Place the soufflé in the middle of a large plate. Place the salmon curry and oil-poached salmon on opposing sides of the soufflé. Top the curry with a salmon crisp. Top the poached salmon with a fresh reserved branch of dill.

Tips:

- Try drizzling the oil-poached salmon with a balsamic reduction, sprinkling it with toasted poppy or sesame seeds or black pepper.
- Instead of making a honey/mustard/dill sauce, try whipping up a mayonnaise (with reduction, if desired) with the egg yolk for the oil-poached salmon.

Extra equipment:

It's always handy to have 2 or 3 extra bowls available, as well as an extra blender cup, small knife, extra spoons.