

SALMON RILETTE

EQUIPMENT

CHEF KNIFE, ROLLING PIN, MIXING BOWLS, ZIP LOCK BAG, ICE

INGREDIENTS

200GM SALMON FILLET, ½ LARGE SHALLOT, 30GM OLIVE OIL, SALT, CHIVES

METHOD

SKIN THE SALMON AND REMOVE THE REMAINING BLOOD LINE (REFER TO VIDEO) CUT THE FILLET IN HALF AND SLICE EACH HALF INTO TWO THIN SHEETS

FINELY DICE THE SHALLOT AND SET ASIDE

PLACE THE SALMON IN A ZIP LOCK BAG AND ENSURE THE FILLETS DO NOT OVER LAP. ADD THE SHALLOTS, OIL AND SEASONING AND SEAL THE BAG REMOVING AS MUCH AIR AS POSSIBLE

PLACE THE BAG IN A PRE-HEATED OVEN STEAM SETTING 80 DEGREES FOR 5 MINS

ONCE COOKED REMOVE FROM THE OVEN AND PLACE ON A TEA TOWEL AND CRUSH THE SALMON WITH THE ROLLING PIN. ONCE CRUSHED SQUEEZE THE BAG TO ENSURE EVERYTHING IS MIXED.

PLACE THE BAG IN A BOWL OF ICED WATER TO STOP COOKING AND COOL QUICKLY

ONCE COOL REMOVE FROM THE BAG AND PLACE THE CONTENTS IN A MIXING BOWL, CHECK AND ADJUST THE SEASONING IF NECESSARY

PLACE SPOONS OF RILETTE ON TOP OF CROUTONS AND FINISHED WITH CHOPPED CHIVES

HINTS & TIPS

- IF OCEAN TROUT IS AT THE FISHMONGER YOU CAN USE IT INSTEAD OF THE SALMON
- FOR ANOTHER TEXTURE TOP THE RILETTE WITH SALMON CAVIAR FOR A SALTY BURST
- THIS IS GREAT FOR A CANAPÉ AND CAN BE MADE IN ADVANCE, ENSURE TO SERVE AT ROOM TEMPERATURE
- YOU CAN ALSO USE THIS AS A FILLING FOR GOURMET SANDWICHES OR ROLLS