

STEAMED ATLANTIC SALMON, POTATO SCALES, CLAM AND VEGETABLE BROTH

EQUIPMENT

PERFORATED BAKING TRAY, 2 MEDIUM SIZE FRY PANS (ONE WITH A LID),
MIXING BOWLS, CHEF KNIFE, SPOONS, BAKING PAPER

INGREDIENTS

180GM FILLET ATLANTIC SALMON, 3 DUTCH CARROTS, 100GM CLAMS, 30GM GREEN PEAS,
½ KIPFLER POTATO, ½ BROWN ONION, 1 CLOVE GARLIC, 3 SPRIGS THYME,
SALT
100GM WHITE WINE, FENNEL FRONDS, EXTRA VIRGIN OLIVE OIL, SEA SALT

METHOD

PEEL THE DUTCH CARROTS AND CUT THEM IN HALF LENGTH WAYS PLACE ON A PERFORATED STEAM TRAY AND INTO THE OVEN STEAM SETTING
100 DEGREES FOR 6 MINS

WHILE THE CARROTS COOK PEEL THE KIPFLER POTATO AND FINELY SLICE INTO DISCS

SKIN THE SALMON FILLET AND SEASON ON BOTH SIDES WITH SALT THEN LAY THE POTATO OVER THE SALMON TO RESEMBLE THE SCALES ON A FISH

SEASON THE POTATO AND DRIZZLE OVER A LITTLE EVOO AND PLACE THE SALMON IN BETWEEN TWO SHEETS OF BAKING PAPER

ONCE THE CARROTS ARE COOKED REMOVE FROM THE OVEN AND PLACE THE SALMON IN THE OVEN STEAM SETTING 52 DEGREES FOR 20 MINS

2 MINS BEFORE THE SALMON HAS FINISHED COOKING HEAT BOTH THE FRYPANS OVER MEDIUM HEAT

REMOVE THE SALMON FROM THE OVEN AND PAN FRY THE SALMON IN A LITTLE EVOO POTATO SIDE DOWN OVER MEDIUM HEAT

IN THE OTHER PAN ADD SOME EVOO AND SAUTÉ THE ONION UNTIL TRANSLUCENT ADD THE GARLIC AND THYME AND SAUTÉ AGAIN, ADD THE
WHITE WINE AND THE CLAMS AND PLACE THE LID ON THE PAN AND COOK FOR 1-2 MINS

REMOVE THE LID AND ADD THE VEGETABLES AND COOK FOR A FURTHER 1-2 MINS UNTIL THE CLAMS HAVE OPENED

TO FINISH POUR THE CLAM AND VEGETABLE MIX AND BROTH INTO THE BOTTOM OF A SERVING BOWL, TURN THE SALMON FILLET OVER AND SERVE
ON TOP OF THE CLAM BROTH POTATO SIDE UP

FINISH WITH A DRIZZLE OF EVOO AND FENNEL FRONDS

HINTS & TIPS

- INSTEAD OF USING POTATO YOU CAN TRY A THIN SLICE OF BRIOCHE AS A CRUST FOR YOUR FISH
- IF YOU HAVE TROUBLE REMOVING THE SKIN FROM YOUR FISH ASK YOUR FISHMONGER HE/SHE WILL DO IT FOR YOU
- MAKE SURE YOU SLICE THE POTATO AS FINELY AS POSSIBLE, TO THICK AND IT WONT COOK