

STEAMED ATLANTIC SALMON WITH PRAWN, KALE AND BACON COLCANNON

EQUIPMENT

MIXING BOWL, POTATO MASHER, PERFORATED TRAY, MEDIUM SIZE FRY PAN, BAKING PAPER, CLINGFILM

INGREDIENTS

1 X 180GM FILLET ATLANTIC SALMON, 2 WHITE POTATOES, 3 GREEN PRAWNS,
2 RASHERS MIDDLE BACON, 3 STEMS OF KALE, 5 SPRIGS ROUGHLY CHOPPED PARSLEY,
SALT
1 LARGE BROWN ONION, EXTRA VIRGIN OLIVE OIL, SEA SALT

METHOD

CHOP THE POTATOES IN HALF AND PLACE INTO THE OVEN STEAM SETTING 100 DEGREES FOR 35MINS

HEAT THE FRYPAN OVER MEDIUM HEAT AND CHOP THE BACON INTO LARDONS, ONCE THE PAN IS HOT ADD A SMALL DRIZZLE OF EVOO AND ADD THE BACON TO THE PAN AND COOK UNTIL GOLDEN AND CRISP

SLICE THE ONION THINLY AND ONCE THE BACON IS COOKED ADD THE ONION AND TURN THE HEAT DOWN TO LOW TO CAMELISE THE ONION

WHILE THE ONION COOKS SHELL THE PRAWNS AND CUT THEM INTO CHUNKS, STRIP THE LEAVES FROM THE MAIN STALK OF THE KALE AND SET ASIDE, ROUGHLY CHOP THE PARSLEY AND SET ASIDE ALSO

ONCE THE ONION IS CAMELISED ADD THE PRAWNS AND COOK FOR A FURTHER 2-3 MINS UNTIL COOKED

REMOVE THE PAN FROM THE HEAT AND PUT THE CONTENTS OF THE PAN INTO A MEDIUM SIZE MIXING BOWL

5 MINS BEFORE THE POTATOES HAVE FINISHED COOKING ADD THE KALE LEAVES TO THE SAME TRAY AND RETURN TO THE OVEN

ONCE COOKED ADD THE POTATOES TO THE ONION MIX AND CRUSH WITH A POTATO MASHER, ONCE THE POTATOES ARE JUST CRUSHED ADD THE KALE AND A GENEROUS AMOUNT OF EVOO AND SALT

MIX THE POTATOES AND KALE IN WELL AND COVER WITH CLING FILM

SEASON THE SALMON ON BOTH SIDES WITH SALT AND A DRIZZLE OF EVOO COVER WITH BAKING PAPER AND PLACE INTO THE OVEN 52 DEGREES STEAM SETTING FOR 22 MINS. PLACE THE COLCANNON IN THE OVEN WITH THE SALMON TO STAY WARM

ONCE COOKED REMOVE THE COLCANNON AND STIR THROUGH THE PARSLEY AND PLACE A FEW SPOONS OF COLCANNON ON THE PLATE

REMOVE THE SALMON FROM THE OVEN AND PEEL OFF THE SKIN AND PLACE ON TOP OF THE COLCANNON, SPRINKLE OVER A LITTLE SALT AND FINISH WITH A DRIZZLE OF EVOO

HINTS & TIPS

- COLCANNON IS A TRADITIONAL IRISH DISH THAT IS TRADITIONALLY JUST MADE WITH MASHED POTATOES AND KALE

- AGAIN TAKE YOUR TIME TO COOK THE SALMON KEEP THE TEMPERATURE LOW SO THE FISH STAYS MOIST