

# Salmon lightly cured and pan-fried

with mashed potatoes, courgettes, beetroot, celeriac, chervil, sumac, sorrel & turmeric lemon mayonnaise



# Salmon lightly cured and pan-fried

with mashed potatoes, courgettes, beetroot, celeriac, chervil, sumac, sorrel & turmeric lemon mayonnaise



**Prep time:** 35min **Cooking time:** 15min

**Serves:** 4

## Ingredients

4 x 110g salmon fillets (descaled, pin-boned and trimmed)	6 baby beetroot (cut in half)	60g butter
6g salt	250g celeriac (stamp out using an apple corer to 5cm and blanched)	50mls milk
2g white pepper (ground)	400g potatoes (cooked and put through a ricer or sieve)	2g chervil or seaweed (freeze dried)
50mls olive oil	100g mayonnaise	2g sumac
2 medium courgettes (slice in half lengthways)	10g lemon juice	12 red veined sorrel leaves
	2g turmeric (ground)	Seasoning

## Method

- Lay the salmon fillets skin side down on a suitable plate, sprinkle the flesh with the salt and pepper, then refrigerate uncovered for 30 minutes.
- While the salmon is marinating prepare the vegetables and potatoes.
- For the sauce, mix together the mayonnaise, turmeric and lemon juice and set to one side.
- After 30 minutes remove the salmon from the fridge and wash off the cure with cold water, pat dry with paper towel, then lightly score and oil the skin.
- Line the base of the frying pan with a parchment circle and cook the salmon skin side down for approx. 6 minutes or until the skin is crisp, turn the salmon and remove the pan from the heat and allow to rest.
- While the salmon is cooking finish the vegetable garnishes.
- Place the celeriac into a sauté pan with a little of the olive oil, and cook gently until lightly coloured and tender, sprinkle with the chervil and sumac.
- Add warm milk and melted butter to the mashed potatoes, season and thoroughly combine and place into a piping bag.
- Season and sear the courgettes in the sauté pan with olive oil until just cooked, then slice each length into three on a slant.
- Warm through the beetroot and warm four plates.

## To finish

- Pipe the mashed potato in the centre of the plate and top with the cooked salmon skin side up.
- Arrange the vegetables around the salmon and finish with the turmeric mayonnaise and red vein sorrel leaves.