

## Seared salmon

with radish, celery, sesame and spring onion

## Ingredients

For the pickles

45ml rice wine vinegar

20g sugar

40ml water

Large pinch of salt

3 large radishes, cut into thin slices

2 stalks of celery, cut into long thin strips

## For the salad

4 small cucumbers, thinly sliced lengthwise into ribbons

Small bunch of coriander

Small bunch of basil

Itbp sesame seeds, toasted

4 spring onions, halved

Itsp canola oil

300g salmon or trout portions

15ml canola oil

5ml sesame oil

## Method

To make the pickles: season the radishes and celery with salt and set them aside for 5 minutes. Combine the vinegar, water and salt in a small pot and bring to the boil. Rinse the radishes and celery under water to remove the salt and dry well. Pour the boiling pickle mixture over the radishes and celery, and allow to cool. Place in the fridge to pickle for about 30 minutes.

Combine the herbs and the sliced cucumber and set aside in the fridge.

Coat the halved spring onions with 5ml of canola oil.

Warm a griddle pan and grill the spring onions until they are slightly charred.

Warm another pan to high heat and add the rest of the canola oil. Season the salmon and sear it in the pan, skin side down first.

Turn the salmon after about 5 minutes and cook for a further 3 minutes on the other side. It should still be pink in the middle.

For the dressing, combine the sesame oil with 3 teaspoons of the radish pickling liquid.

To plate the salad, start with the salmon and place the pieces of fish on the platter.

Place the herb and cucumber mixture over and in between, then add the pickles and spring onions.

Garnish lastly with the toasted sesame seeds and dress the salad lightly.

If you enjoy chili, a few thin slices of red chili will not be out of place on this dish. The salad is best if the fish is still warm.





