PARKLANDS | FOOD FEST

BEETROOT-CURED SALMON WITH HORSERADISH CRÈME FRAICHE

Serves 6-8 / Prep time: 15 mins / Curing time: 6 hours



MIGUEL MAESTRE

INGREDIENTS

1/2 side salmon, skin on and pin-boned

- 1 bunch chervil
- Blinis to serve
- Salmon caviar (optional)

Curing mixture

500g caster sugar 500g sea salt flakes

- 2 long red chillies
- 2 star anise
- 5 limes juiced and zested
- 2 lemons juiced and zested 15oml fresh beetroot juice* 4oml light olive oil

METHOD

Place the curing mixture ingredients in a food processor and pulse until chopped.

Spread half the curing mixture over the base of a large dish – big enough to hold salmon. Add the salmon flesh-side down, and cover with remaining curing mixture. Cover with plastic wrap and chill for 6 hours or overnight.

For the horseradish crème fraîche, combine ingredients in a bowl and season to taste with sea salt and pepper. Refrigerate until required.

When ready to serve, remove salmon from dish, and pat dry with paper towel or clean kitchen wipes. Using a sharp knife, thinly slice salmon on an angle, using the knife to release salmon from the skin.

Arrange salmon on a platter and serve with horseradish cream, blinis and chervil.

* NOTE

Fresh beetroot juice is easily found in health food stores or your local café or juice bar.

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