



SALMON 3 WAYS

Serves 2 – A little effort

For the cucumber salad:

*1 cucumber
1 shallot
½ red chilli
1 piece ginger (3cm)
50g sugar
60ml rice wine vinegar*

For the salmon tartar:

*1 tbsp soy sauce
½ tsp grated ginger
¼ tsp wasabi paste
100g sushi-grade salmon
1 tsp spring onion, chopped
1 nori leaf*

For the fish fingers:

*10g breadcrumbs
20g sesame seeds
10g black sesame seeds
¼ tsp shichimi togarashi seasoning (optional)
a pinch of salt
1 egg, beaten
100g salmon
sunflower oil, for frying*

For the pan-fried fillet:

*200g salmon
1 nori leaf
salt
sunflower oil, for frying*

mayonnaise, to serve

For the cucumber salad:

1. Start by making the cucumber salad.
2. Wash the cucumber, cut open lengthwise and remove the watery seeds with a spoon. Cut into small dice and put into a salad bowl.

3. Peel and finely chop the shallot and add to the cucumber. Slice open the chili, remove the seeds and finely chop, add to the cucumber.
4. Peel and finely grate the ginger and put into a small bowl. Add the sugar and rice vinegar and mix. Pour over the cucumber and set aside.

For the tartar:

5. Next, make the tartar.
6. In a bowl, mix the soy sauce, ginger and wasabi. Cut the salmon into small cubes and add to the bowl with the chopped spring onion. Cover the bowl with cling film and refrigerate until later.
7. Just before serving, cut the nori sheet into 3 long strips. Top the end of each strip with a generous teaspoon of salmon tartar and roll up – humidifying the uncovered end of the nori strip with a bit of water to make it stick.

For the fish fingers:

8. Next, make the fish fingers.
9. Put the breadcrumbs, sesame seeds, black sesame seeds, shichimi togarashi and salt into a bowl and mix.
10. Crack the egg into a second bowl and beat.
11. Cut the salmon into two 2x10cm long strips. Dip each salmon strip into the beaten egg, then roll in the sesame mix so that every side is covered.
12. Heat a bit of sunflower oil in a frying pan and fry the fish fingers for 45 seconds on each of its four sides. Drain on kitchen paper and cover with foil until serving.

For the pan-fried fillets:

13. Finish by cooking the fillets. Cut the salmon into two 100g fillets, season with salt.
14. Wipe the frying pan used for the fish fingers. Heat 2 tbsp of sunflower oil in the frying pan and fry the fillets for 3 minutes on one side.
15. Cut a nori strip into two squares so that they fit the top of each salmon fillet. Lay the nori squares on top of each salmon fillet.
16. After 3 minutes, turn the salmon fillets over, onto the nori side, and fry for another 2 minutes so that they're warm but still pink inside.

Dress the plates by putting some cucumber salad onto each plate, two tartar nori rolls, a fish finger and a salmon fillet. Add a few dollops of mayonnaise and serve immediately.

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