



Tea Smoked Salmon Salad

Preparation Time: 40 mins

Cooking Time: 12 mins

Serves: 4

Difficulty: Intermediate

INGREDIENTS

500g/1.1lb Atlantic salmon fillets, skin off
1 cup salt
1 cup brown sugar
1 teaspoon fresh dill finely chopped
Several fresh dill sprigs
1 ½ teaspoon of whiskey and a dash
White pepper
1 teaspoon tea leaves
75g rocket leaves
75g baby spinach leaves
2 small fennel finely sliced
½ red onion finely sliced
12 cherry tomatoes halved
1 teaspoon whole grain mustard
1 teaspoon honey
1 ½ teaspoon whiskey
Juice & zest of 2 limes
Olive Oil

Options:

Add avocado, radishes

Cooking and Serving Salmon

1. Wash sugar/salt marinade off salmon and pat dry.
2. Prepare smoking tea by placing tea leaves in a 6x6cm piece of alfoil, turn up sides to create a parcel. Add a few drops of water and place in the bottom of the wok. Place the round metal cooling rack in wok, sitting 2-3 cm above tea parcel and turn wok on low heat.
3. Once tea is smoking vigorously, place salmon fillets on rack in wok, cover with lid and cook for 10 mins. Check at 7 mins to see how they are doing.
4. Remove from wok and slice salmon into bite sized pieces.
5. Dress salad with vinaigrette and toss.
6. Plate salad and salmon and drizzle with the mustard honey sauce.

DIRECTIONS

Preparing Salmon

1. In a small bowl mix the sugar and salt together and season with ground white pepper.
2. Lightly dab the salmon with paper towel removing any moisture and place on a plate.
3. Rub sugar and salt mix on top of salmon and place dill springs over fish. Sprinkle remaining sugar and salt mix over the dill and salmon. Lightly press down.
4. Sprinkle whisky to moisten. Leave in fridge to marinate for couple of hours or at least 30 mins.

Salmon Sauce

1. In a small bowl add the whole grain mustard, the honey, 1 ½ teaspoon of whiskey, chopped dill, juice of one lime and a little olive oil. Mix well and set aside.
2. Tilt pan slightly and carefully ignite bourbon (alcohol).
3. Cook over medium heat for about 10 mins until nectarines are softened, and sauce is slightly thickened.

Salad and Vinaigrette

1. Wash and dry salad leaves. Sprinkle with onion, fennel & cherry tomatoes. Set aside.
2. In a small bowl add juice and zest of one lime, a little olive oil and season with salt and pepper.