



## New Zealand King Salmon and Watercress Salad with Ginger Coriander Dressing (serves 6)

You may prefer to switch watercress with spinach or rocket. Chinese black beans, fermented and salted black beans, are sold bagged and available at Asian supply stores. I like to rinse before using to make them a little less salty. Chopped they provide a very savoury tasting garnish.

### INGREDIENTS

|   |  |
|---|--|
| <i>60g (1/2) small red onion (halved and thinly sliced)</i> | <i>100g (2-3 bunches) watercress (thick stems removed){rinsed and dried}</i> |
| <i>Ginger Coriander Dressing</i>                            | <i>Cold Poached New Zealand King Salmon</i>                                  |
|   | <i>1 tbsp finely chopped Chinese black beans</i>                             |

### METHOD

- Place red onion into a small bowl and add one tablespoon of dressing. Toss till onion is coated and leave macerate for 5 minutes.
- Into a second bowl place watercress and one teaspoon of the dressing. Gently toss until watercress is just coated.
- To serve: Take half of red onions and pile onto a presentation platter or six guest plates. Using three-quarters of the watercress make a pile{s} on top of onions.
- Arrange salmon on top of watercress. Drizzle each salmon portion with a teaspoon of dressing. Garnish with remaining watercress, red onions and a sprinkle of black beans.

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# Cold Poached Salmon

(to serve 6)

The timing of this cooking process is dependent on the thickness of the salmon and how many pieces are in the pot at the same time. The first time you adopt this method it may be trial with a little error. Remember that salmon is overcooked when it exudes milky white juices. I like the salmon in this dish to be medium rare to rare.

## INGREDIENTS

|   |  |
|---|--|
| 1l (4 cups) New Zealand Sauvignon Blanc       | 3 cm piece root ginger (peeled)            |
| {substitute wine for water if you wish}       | 2 stalks lemongrass (smashed)              |
| 1 tbsp black peppercorns                      | 720g (6 pieces) salmon, skin off, bone out |
| 2 tsp Szechwan peppercorns                    | (cut into 120g portions 2+ 1/2cm thick)    |
| 1+ 1/2 small red chilli (halved and deseeded) |  |

## METHOD

- Place a baking tray in the freezer to chill.
- To make bouillon: Into a wide non-reactive pot place New Zealand Sauvignon Blanc, peppercorns, chilli, ginger and lemongrass and place over a medium heat and bring to the boil.
- Add salmon pieces, ensuring top of salmon is level with or just under the bouillon. Using a spoon splash bouillon over top of salmon for 2 – 3 minutes to encourage the top to cook.
- Remove pot from heat. Place lid on pot and leave to stand for 4-5 minutes or till salmon is just cooked.
- Remove tray from freezer. Quickly and carefully using a fish slice remove salmon to the tray and rest for 30 minutes and serve or refrigerate overnight. Remove from refrigerator 30 minutes before serving,

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# Ginger Coriander Dressing

(makes 400ml)

If you wish to make more than two ahead, to maintain bright green colour add coriander on the day you are planning to serve. Ginger in brine is available in Asian supply shops and I look for the baby version as it seems sweeter.

## INGREDIENTS

|   |   |
|---|---|
| <i>1 chilli (halved and deseeded)</i>                                     | <i>70g (2/3 cup firmly packed) coriander leaves and stems</i> |
| <i>10g (1 1/2 tsp) finely chopped garlic</i>                              |   |
| <i>14g (1 tbsp) finely chopped peeled root ginger</i>                     | <i>45ml (3 tbsp) rice wine vinegar</i>                        |
| <i>60g (1/2 cup firmly packed, drained) baby ginger in brine (rinsed)</i> | <i>30ml (2 tbsp) white vinegar</i>                            |
| <i>1 + 1/2 tsp chilli oil (available at Asian supply shops)</i>           | <i>12g (2 + 1/2 tsp) sugar</i>                                |
|   | <i>3/4 tsp flaky sea salt</i>                                 |
|   | <i>185ml (3/4 cup) corn oil or another flavourless oil</i>    |

## METHOD

- Into a food processor fitted with a metal blade place chilli, garlic, gingers, chilli oil and coriander and process till smooth.
- Scrape down sides of bowl. Into a small jug place vinegars, sugar and salt. With processor running slowly through the feed tube add vinegar mixture.
- Combine to process while slowly adding oil and process till dressing is thick and emulsified.
- Transfer to an airtight container. To avoid discoloration cover directly with plastic wrap and a lid and store in refrigerator for up to 48 hours.

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