

CHEF'S TABLE

Shaun Rankin

Michelin Starred Chef &
Wester Ross Brand Ambassador

December 2022

Poached Salmon with Salad Niçoise

PREP 15 minutes • **COOK** 5 Minutes • **SERVES** 4

This is a fantastic pescatarian alternative to the traditional Christmas Dinner or equally suitable for a lighter lunch with family and friends if there has been overondulgence....

INGREDIENTS

To poach the salmon

1 x whole piece of salmon fillet
2 x shallots
1 x carrot
1 x leek
6 x whole Peppercorns
150 ml white wine
2 x bay leaf
2 x garlic cloves

For the salad niçoise

Green beans cooked
Small new potatoes cooked
Anchovy fillets
Baby plum tomatoes
Fresh free-range eggs cooked and peeled
Little gem lettuce
1 x whole shallot peeled and cut into rings
Black olives

For the dressing

1 x fresh egg yolk
½ a tsp Tarragon vinegar
1 x Tsp chopped chives
1 tsp English mustard
200ml Rapeseed oil
Maldon salt & Black pepper
Lemon juice

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METHOD

To poach the salmon

1. Slice the carrot, shallot, leek, wash well and place into a large deep pan.
2. Add the white wine, peppercorns herbs and garlic.
3. Cover with cold water and bring to a simmer.
4. Carefully add the salmon fillet, leave on the heat for around 5 minutes then turn off the heat and allow the salmon to finish poaching in the liquid, which should take around a further 5 minutes.
5. Once cooked (firm to the touch) carefully remove from the cooking liquid onto a clean tray and place in the fridge until cold and firm.

To make the dressing

6. Place the egg yolk vinegar and mustard in large round bottom bowl
7. While whisking the ingredients together drizzle in the rapeseed oil slowly allowing it to emulsify add a touch of cold water if it starts to get too thick and continue to whisk until all of the oil is incorporated
8. Finish the dressing with a squeeze of lemon juice the chopped chives and season with salt and black pepper
9. Spoon out into a small bowl cover and place in the fridge until needed

To finish

10. Remove the salmon from the fridge and either break into chunks or slice carefully and place onto your serving platter.
11. Arrange the salad ingredients around the salmon and drizzle over the dressing.

Shaun says:

"Sharing platters are a wonderful way to make eating sociable and engaging"