

Hot Smoked Salmon Fillets Atop A Leek Lemon And Caper Risotto



Kanuka Smoked Salmon Fillets



Ingredients - 4 portions (929.7g per portion)

0.75 kg Salmon fillet skin off boneless

2.5 litres Tap water

250 grams Iodised salt, Saxa

62.5 grams Soft brown sugar, Chelsea

47.5 ml Lemon juice, Pinto

25 grams Molasses syrup

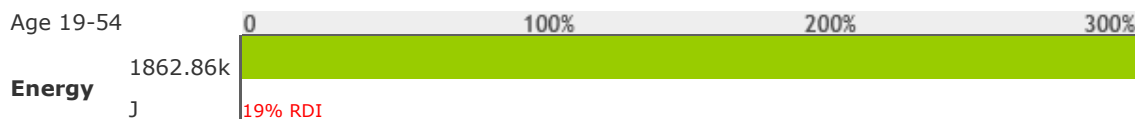
2.5 grams Fresh crushed garlic, Master Foods

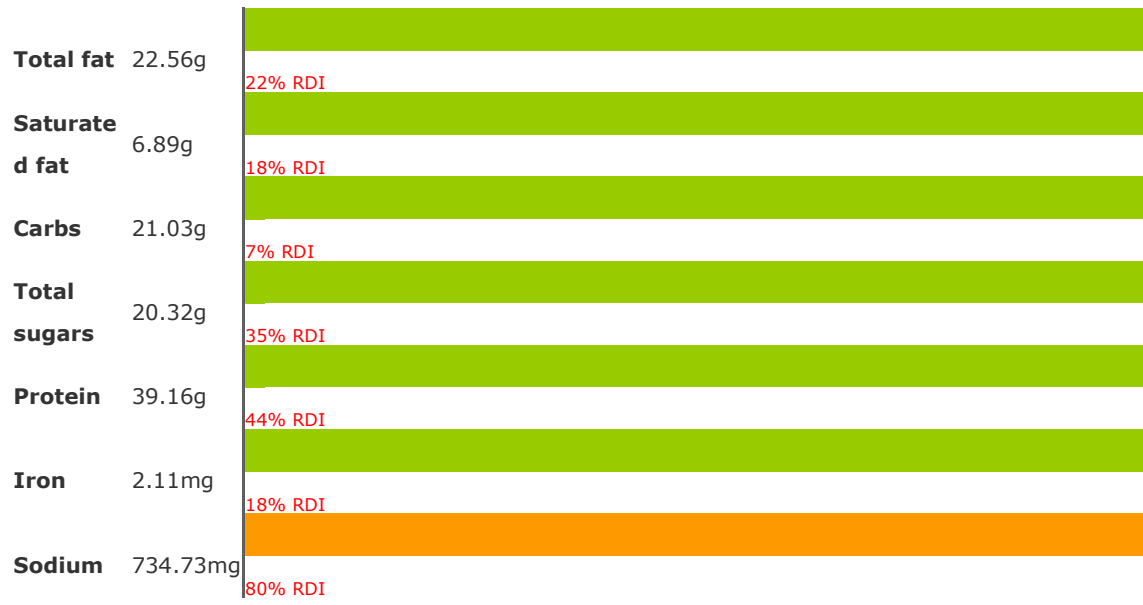
80 grams Brown onion

Method

1. Mix all of the ingredients together.
2. Brine fish for 75 mins for every 500 gram (weighted to keep under brine).
3. Place under running water and rinse well.
4. Put on a rack & leave uncovered in fridge overnight
5. Place rack over Kanuka chips, cover loosely with foil
6. Smoke until starting to flake, remove to stop cooking

Nutritional Information (per 929.7g portion)





Risotto Con Porri Al Limone E Capperi - Leek, Lemon And Caper Risotto



Ingredients - 4 portions (229.4g per portion)

46.7 ml Nelson Marlborough Institute of - Oil, olive pure, Amco

66.7 grams Shallots *brunoise*

1.3 x 6g cloves (7.8g) Garlic

1.33 cups Arborio rice, Cucina

166.7 ml Dry white cask wine

0.67 x 390g each (261.3g) Leek *cut into rings*

1.3 tbsps Baby capers, Sandhurst

1.33 x 90g each (119.7g) Lemon *zest and juice*

20 grams Butter

0.33 cups Parmesan cheese, Mainland Special Reserve *finely grated*

1.3 grams Nelson Marlborough Institute of - Salt and pepper

0.1 x 6g cloves (0.6g) Garlic

66.7 grams Parsley

0.67 x 90g each (60.3g) Lemon *zest*

26.7 ml Nelson Marlborough Institute of - Oil, soya been

33.3 grams Butter

2 grams Nelson Marlborough Institute of - Salt and pepper

2 tbsps Caperberries *halved for garnish*

1.33 x 90g each (119.7g) Lemon *juice*

Method

Prepare the vegetable stock recipe!

Gremolata:

1. Wash and thoroughly dry the parsley.
2. Remove the leaves and finely mince until you have about 2 tablespoons worth.
3. Finely mince the garlic.
4. Use a lemon zester to remove about 1 teaspoon of lemon zest.
5. Combine all the ingredients in a bowl and season to taste with salt and black pepper. Pound the ingredients together with a mortar and pestle. Set aside

Risotto:

1. In a heavy-based frying pan, heat a little olive oil and saute the shallots and garlic until translucent.
2. Add the rice and stir to coat well.
3. Add the wine and stir well to deglaze the pan. Add one cup of stock and the leeks, capers and lemon rind.
4. Keep adding the (hot) stock (approx 500ml) and stirring until all the liquid has been absorbed and the rice is al dente.
5. At this point add the lemon juice and Parmesan cheese and fold through. Season with salt and pepper.

Place on top of helping of risotto, scatter the caperberries and sprinkle a tiny amount of gremolata on top for garnish

Nutritional Information (per 229.4g portion)



