



PAN SEARED SALMON WITH COLCANNON & BEURRE BLANC

MISE EN PLACE

- **Bring your salmon fillets to room temperature 30 minutes before your class.**
-

PAN SEARED SALMON WITH COLCANNON *(serves 4)*

Recipe by KATHRYN JOEL

4 160g salmon fillets, skin on but descaled, at room temperature (we prefer using Atlantic or Spring Salmon)*

Olive oil

Salt and pepper

To serve: Colcannon (recipe below)

To serve: Beurre Blanc (recipe below)

To finish: fresh chives, thinly slice, or use chervil if available

- Using a sharp knife, score the salmon fillets about ½ cm deep.
- Turn the salmon fillets in olive oil, and season with salt and pepper.
- Heat olive oil in a non-stick pan over medium heat.
- When the oil is shimmering, add the salmon fillets skin side down, using a spatula (fish slice) to press down on the salmon fillets so that the fillets stay flat.
- Cook until the fillets are cooked about 2/3 of the way up the sides then turn and cook for another 30 seconds to a minute. The salmon should be just cooked, but still translucent and the skin should be nicely crisp and golden.
- Transfer to a warm plate or tray, skin side up and rest while you rewarm and plate the colcannon.
- Serve on warm plates, with Colcannon and finished with the Beurre Blanc sauce and whole or chopped chives to garnish.

**NOTE: You can purchase a whole side of salmon and portion it if you prefer. We recommend using a fattier salmon variety. Atlantic or Spring Salmon, work well.*

BEURRE BLANC *(makes 1 ½ cups)*

Recipe by KATHRYN JOEL

75ml (1/3 cup) champagne or white wine vinegar

75ml white wine or lemon juice

1 tbsp finely chopped shallots

340g unsalted butter, cubed and chilled

sea salt and white pepper, to taste (or use black pepper)

additional lemon juice, to taste

- Place the vinegar and wine or lemon juice, shallots and sea salt and black pepper to taste in a small pan and bring to the boil.
- Reduce to approximately 1 1/2 tbsp of liquid. If you reduce it too far, add a little water.
- Remove the pan from the heat then whisk in the butter, 1 or 2 pieces at a time.
- Once you have an emulsion, return the pan to a low heat and continue whisking in the butter, one piece at a time.
- As soon as all of the butter has been incorporated, remove from the heat.
- Whisk in additional lemon juice, if necessary, to taste and season to taste with salt and white pepper.
- To hold the sauce briefly while finishing your dish, place in a bain marie and whisk frequently.

COLCANNON *(serves 4)*

Recipe by KATHRYN JOEL

450 g floury potatoes, peeled

450 g savoy cabbage or kale, thinly sliced

2 small leeks, sliced

150 g unsalted butter

150 ml whole milk, heated

sea salt and freshly ground black pepper

freshly grated nutmeg

- Peel and halve the potatoes, and place in a pot covered with salted water.

- Cook the potatoes until tender then drain in a colander. Sit the colander on the cooking pot, cover with a tea towel and let the cooked potatoes dry out briefly.
- Meanwhile, heat a generous knob of butter in a sauté pan then add the sliced leeks and sweat over a medium heat, seasoning with salt, until tender and translucent. Remove to a bowl and set aside.
- In the same pan, heat another knob of butter, then add the cabbage or kale seasoning with salt and sauté, stirring, until cooked and lightly coloured, seasoning to taste with salt and pepper. Once the cabbage or kale is cooked, you can add a few spoonfuls of hot water and cover briefly, just until the cabbage or kale is tender.
- Add the reserved leeks to the cabbage or kale, to warm through.
- Mash the potato using a ricer, or a potato masher. You could also grate it on a box grater. Add knobs of butter as you mash the potato, so that it melts in the heat of the potatoes.
- Add enough hot milk to make a soft mash, and season with salt, pepper and grated nutmeg.
- Mix the cabbage and leeks into the mashed potato, check the seasoning and serve.

EQUIPMENT

Cutting boards and knives

Ricer, box grater or potato masher

Non-stick pan for salmon

Medium pot for potatoes

Small pot for milk

Small saucepan for beurre blanc

Whisk

Spatula (fish slice)

Sauté pan for cabbage / kale / leeks