

New Zealand Regal King Salmon

Pan seared with a fennel and shallot salad, sweet corn puree, peperonata salsa and baby basil

Serves: 4 people

Salmon:

Lay salmon skin side down (cleaned and scaled).

Make v incision along middle, then roll salmon tightly and truss with butcher's twine.

Cut into 4 x 180g portions.

Fry salmon in non-stick pan, colour well and place in oven at 180°C for 6-8 minutes.

Sweet Corn Puree:

Cut corn kernels off 3 cobs of sweet corn, blend in food processor, strain liquid and discard pulp. Heat liquid in a pan with a couple of pinches of salt, season to taste, whisk continuously until mixture thickens.

Salad:

6 finely sliced shallots

2 heads of baby fennel, finely sliced

A little olive oil

Peperonata Salsa:

1 red capsicum

1 yellow capsicum

12 cherry tomatoes

12 black pitted olives

Roast capsicums, halve cherry tomatoes, dice capsicum into 1cm cubes, place all ingredients in bowl with olive oil and season.

Method:

Place corn puree and salad on warm plate, top with salmon, drizzle peperonata around plate, garnish with small basil leaves and drizzle with olive oil and a touch of red wine vinegar.