

# GRAVALAX

## INGREDIENTS

1kg salmon

250g salt

250g sugar

20g peppercorns

50 dill (chopped)

1 lemon zest

10ml vodka/gin/whisky

You can add 200g of grated fresh beetroot to give a purple colour

## METHOD

Remove skin from the salmon.

Mix all the ingredients together add spirit of your choice

Place some of the mixture on to a sheet of cling film, place fish on top, cover with remaining mixture.

Wrap up in cling film and add one of two more sheets

Place in to a tray and place into the fridge and leave for minmum 24hrs maximum 48 hrs

To finish, remove cling film and place salmon in to a bowl or sink of cold water and rinse the mixture off the fish.

Pat dry and recover in cling film

Keep in fridge.



# GRAVALAX - 1

## INGREDIENTS

500g cured salmon  
200g cucumber  
1 avocado  
1 bunch dill  
100ml mayonnaise  
50ml natural yoghurt

## METHOD

Cut the salmon into thickish slices and then in to even size dice.

Remove the flesh from the avocado, and smash with a fork, and season, gradually add some yoghurt, place in to a piping bag.

Cut the cucumber in to slices then into to strips and finally into an even dice, add to the salmon

Place a large pastry cutter in to the centre of a plate. Add a layer of the salmon and cucumber mixture

Pipe dots of avocado mixture around the salmon.

Finish with pickled dill



# MELON SOUP



## INGREDIENTS

- 1 cantaloupe melon
- 1 galia melon
- 1 honey dew melon
- 1 bunch minr
- 1 lime
- 1 orange
- Sugar to taste
- Dash of white wine

## METHOD

Cut one wedge from each type of melon, with a melon baller obtain as may sphere as possible

Remove the rest of the flesh from the skin and place in to a blender and blend to a juice, pour in to a bowl and season with lime, and orange juice and sugar.

Arrange the spheres in a bowl garish with sprig of mint and pour on melon soup.

# GRILLED MELON & CAPRESE SALAD

## INGREDIENTS

- 1 cantaloupe melon
- 50ml balsamic glaze
- Olive oil
- 10 baby plum tomatoes
- 1 ball of mozzarella/ burrata
- Small bunch of basil leaves
- Small bunch of mint leaves
- Crusty bread to serve

## METHOD

Halve the melon, remove the seeds and skin and discard. Cut the flesh into chunky half-moons. Sprinkle the melon with a little salt to draw out some of the water. Leave to drain on kitchen paper.

Heat a grill pan to hot. Pat the melon dry with kitchen paper, then brush with a little oil. Grill the melon on both sides until it takes on char lines, about 2 minutes on each side. Divide the melon between 2 plates, add the tomato halves and tear over the mozzarella. Scatter with the herbs, and drizzle with oil and the balsamic. Serve with crusty bread (unless you are gluten free).





# PARSNIP & APPLE SOUP

## INGREDIENTS

500g peeled and cut parsnips  
1 onion peeled and sliced  
2 peeled apples  
50g butter  
150ml double cream  
1ltr milk

## METHOD

Heat a pan and add the butter and melt, add onions and cook for a couple of minutes  
Add parsnips, apple and potatoes and combine  
Add milk bring to the boil a simmer till soft  
When cooked blend in a blender and seasoned with S&P and finish with cream

# CAULIFLOWER, APPLE & PARSNIP

## INGREDIENTS

200ml parsnip puree  
10 cauliflower florets  
2 Brayburn apples  
50g butter  
50g oil  
Microcress

## METHOD

Blanch cauliflower florets in boiling water then refresh.

Peel apples and cut in to wedges.

Heat a frying pan and add half oil half butter  
Cut cauliflower florets in half and place in to pan flat side down, till golden brown, turn over and colour the other side, remove from the pan  
Wipe out pan, add remaining oil and butter, then add dried apple pieces and colour on all sides the remove from the pan

Place a line of puree across the plate the arrange alternate pieces of apple and cauliflower.

# SCALLOPS WITH PARSNIP PUREE & POMEGRANATE

## INGREDIENTS

500g parsnips  
75g butter  
200ml double cream  
8 scallops  
1 pomegranate  
Seasoning  
Microcress

## METHOD

Place parsnips in to a pan cover with the cream and thin slightly with some water. Bring to the boil and simmer till cooked. Place in to a blender and blend till smooth. Taste and adjust seasoning. Keep warm  
Heat a frying pan, add a dash of oils and 25g butter.

Dry the scallops and add to pan, reduce the heat slightly and allow to cook for 2 mins without turning. Turn over and cook for a further 30 second, remove on to a jay cloth. Taste parsnip puree add 25g butter and reheat.

Place a circle of puree on to a plate and allow 2 or 3 scallop per portion. Finish with a sprinkle of cranberries and micro cress

