

Newspaper Wrapped Treacle Salmon, Spring Onion, Pickled Ginger, Coriander

Ingredients for the Salmon:

180g	Piece of Wester Ross Salmon off a 3-4kg fish
2tbsp	Olive oil
1tsp	Treacle Dressing
3 strands	Pickled Ginger
½	Chopped Chilli
1tspn	Chopped Coriander
¼	Zest of
¼	Ripe Avocado (peeled and roughly chopped)
	Squeeze of lime juice
	Salt

Method:

- Take 4 sheets of newspaper and make into a square big enough to be able to wrap into a parcel. Submerge the newspaper into water
- Remove the newspaper from the water, squeeze slightly then straighten carefully. In the centre place a piece of baking parchment big enough to wrap around the salmon
- Carefully marinade the salmon with the treacle dressing, coriander and chilli, ginger, lime zest and juice season with salt
- In the center of the paper place the salmon
- Carefully fold the paper to make a parcel sealed tight, place into the oven for 15 minutes at 190°C
- Once cooked remove from the oven and leave to rest for approx. 5 minutes

Treacle Dressing Ingredients:

200g	Treacle
200g	Soy sauce
200g	Oyster sauce

Method:

1. Place into a pan, reduce by half and cool

To garnish

2	Baby Pak Choi – lightly scorch with a blow torch
2	Spring onions chopped
20g	Beansprouts
½	Finely chopped chilli
¾ strands	Pickled Sushi Ginger
Small bunch	Coriander

dressing Ingredients

25ml	Unroasted Sesame Oil
Good squeeze	Lime juice

To Assemble:

- Open the paper, remove the salmon and take the skin off, place the salmon on the plate and put the chopped avocado at the side
- To make the dressing pour off the cooking juices in to a bowl add the sesame oil, and lime juice and season
- To make the salad add the pak choi, beansprouts, spring onions, chilli, pickled ginger and coriander. Sprinkle with the dressing and place on top of the avocado
- Serve