

Organic Salmon with English Peas and Chorizo

(serves 4)

Ingredients

4 x 150g Organic Salmon Fillets (skin on)
400 ml Double Cream
8 x Baby Gem Lettuce Leaves (washed, cut in half and then into 1 cm strips)
1 Packet of Pea Shoots (picked and washed)
100g Sliced English Chorizo (cut into 0.5 cm strips)
400g Fresh English Peas (blanched and refreshed in cold water, then drained)
50g Unsalted Butter (room temperature)
Salt
Ground White Pepper
100g Seasoned Plain Flour
100ml Mellow Yellow Rapeseed Oil



Method

1. Dip the salmon fillets into the seasoned flour skin side down and shake off any excess flour. Take half of the butter and with a pastry brush, brush a thin layer on the floured skin side. Put aside
2. In a thick bottomed sauce pan and add the double cream, bring to the boil and simmer gently, reducing the cream by half. Remove from the heat.
3. Heat a non stick frying pan to a medium heat and add the rapeseed oil. Season the salmon fillets on the flesh side with the salt and ground white pepper. Place the salmon fillets skin side down into the pan and press gently with a fish spatula or the back of your hand to keep the salmon flat.
4. While the salmon is cooking on the skin side, add the peas and sliced English chorizo to the reduced cream and return to a low heat, mix in thoroughly.
5. After the salmon has been cooking on the skin side for approx 5 minutes turn the salmon over onto the flesh side and continue cooking for a further 4-5 minutes on a medium to low heat.
6. Now add the sliced baby gem leaves and picked pea shoots to the pea chorizo cream mix and remove from the heat. Check the seasoning.
7. As the salmon is finishing cooking add the remaining butter and turn the heat up slightly so the butter starts to foam and spoon this over the salmon. Remove the salmon from the pan and place on some kitchen paper to remove any excess oil.

To Serve

Place a spoon of crushed new potatoes or mashed potatoes in the middle of the serving bowl and place the organic salmon fillet on top. Spoon the pea, chorizo and cream around the salmon and drizzle a little of the rapeseed oil over the salmon.