

Seared Salmon with an Apple and Radish Salad

Ingredients: (Serves Four)

4 x 100g Organic Salmon fillets (skin left on)
2 Braeburn Apples (skin left on)
10 Radishes (Trimmed either end and washed)
100g Japanese White Radish (Peeled)
1 Tablespoon Chopped Chives
50 ml Walnut Oil
100ml Farrington's Mellow Yellow Rapeseed Oil
100g Mayonnaise
2 Tablespoons English Mustard
Salt
Pepper
1 Lemon

Method:

1. Cut the apples very thinly into discs (excluding the core) on a mandolin or with a sharp knife and then cut into matchstick size pieces and place into a bowl.
2. Cut the radishes and the Japanese radish exactly the same way and mix together gently with the apples, chopped chives and walnut oil. Season to taste.
3. Mix thoroughly the mayonnaise and the English mustard. If the flavour of the English mustard is too strong for your taste add a little more mayonnaise and a few drops of lemon juice.
4. Heat a non stick frying pan to a medium heat and add the Rapeseed oil.
5. Season the salmon fillets with salt and pepper on the flesh side and place them in the frying pan skin side down.
6. Gently apply pressure with a fish spatular or the back of your hand to ensure the salmon remains flat within the frying pan.
7. After about 4-5 mins check if the skin of the salmon is starting to crisp up. If it is, turn the salmon over onto the flesh side and continue cooking for a further 4-5 mins. Remove from the frying pan and squeeze a little lemon juice over the salmon.

To Serve:

Place a pile of the radish and apple salad at the top of the plate.
Then spoon a pool of the mustard mayonnaise at the bottom of the plate and sit the seared salmon on top.