

RECIPE SPOTLIGHT

BY CJ JACKSON, PRINCIPAL AT THE SEAFOOD SCHOOL, BILLINGSGATE.



CJ Jackson is a cookery writer, chef and Principal at The Seafood School, Billingsgate.

ORIENTAL BAKED SALMON RECIPE

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INGREDIENTS: SERVES 4 PEOPLE

- 1 salmon loin – filleted
- oil for brushing
- 6 spring onions – finely chopped
- 2.5 cm/1 in piece of fresh root ginger, peeled and very finely chopped
- 5 cm/2 in piece of fresh galangal – peeled and very finely chopped
- 2 fresh green chillies – deseeded and very finely chopped
- 2 sticks of lemon grass – peeled and very finely chopped
- 1 large bunch coriander – chopped
- 4 tablespoons nam pla fish sauce
- 4 tablespoons rice wine or dry white vermouth
- Preheat the oven to 180°C/350°F/gas mark 4

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METHOD

-Lightly oil an ovenproof casserole large enough to hold the salmon fillets laid flat. Alternatively, light oil a sheet of kitchen foil large enough to encase the entire fish.

-Pinbone the salmon fillets if necessary. Lay one salmon fillets skinned side down in the casserole or on the foil and sprinkle on the remaining ingredients, covering the fillet completely. Lay the second fillet, skinned side up, on top, to make a sandwich, and cover the casserole or gather up the edges of the foil to make a sealed envelope.

-Place the casserole or foil envelope (on a baking sheet) in the oven and cook for 10-15 minutes or until the salmon is cooked, it should be opaque and firm.

-To serve: slice the salmon into wedges.

-Try this: with sea bass or red snapper.