

## Salmon Souse Vide

Water 950ml  
Ice cubes 910g  
course salt 450g  
salmon fillet 160g

### Method

1. Dissolve the salt in the water
2. Add the ice cubes to cool it down.
3. Submerge the salmon fillet in the brine for 20 minutes.
4. Take fillet out and pat dry with kitchen paper.
5. Vacuum the fillet on maximum setting.
6. Sous vide in 50°C water bath for 12 minutes, cool it down in ice bath as quickly as possible.
7. Fry fillet skin side down, to make it crispy.

## Citrus Quinoa

Quinoa 454g  
Water 200ml  
Apple juice 450ml  
Lemon zest (from two lemon) 5g  
Orange zest (from one orange) 5g  
Salt, as needed

### Method

1. Blanch the orange and lemon zest, and chop finely.
2. Combine the quinoa and the water, apple juice, both zests and bring to the boil.
3. Reduce the heat to simmer & cook until done, stirring occasionally.
4. Use a fork to gently fluff quinoa. Adjust the seasoning with salt.

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## Apple & Red Onion Chutney

Vegetable oil 45ml  
Red onions, small dice 300g  
Granny Smith apples 0.3cm small dice 500g  
Sugar 200g  
Cider vinegar 300ml  
Water 300ml  
Cinnamon stick 10g  
Star anise 5g  
Cloves 5g  
Salt 5g

## Method

1. Heat the oil in a pot and add the onions, fry gently for 5 minutes or just until the onions softens.
2. Add the apples, spices, sugar, water and the vinegar.
3. Bring to the boil and simmer for 25-30 minutes, stirring frequently until most of the liquid has evaporated and the mixture is thick.
4. Ladle into hot sterilized jars and seal.

## Sauce Maltaise

Egg yolks 100g  
Melted butter 360ml  
White wine 80ml  
Minced shallots 180g  
Peppercorns 10g  
Water 40ml  
Lemon juice 10ml  
Salt 1g  
Blood orange juice 15ml

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## Sauce Maltaise

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### Method

1. Cook the white wine, peppercorns and shallots over moderate direct heat until almost dry.
2. Cool and moisten the reduction with a small amount of water.
3. Strain reduction into a stainless-steel bowl.
4. Add the egg yolks to the reduction and whisk over barely simmering water until thick and warm.
5. When the yolks had tripled in volume, fall in ribbons into the bowl and the whisk leave trails in them, remove from water.
6. Add the butter slowly, whisking constantly. The sauce will begin to thicken as more butter is blended in.
7. Add lemon juice, orange juice, and salt to taste.

## Bok choy

Bok choy (3 leaves)

Blanch the Bok choy in hot salted water and add in to the hot pan with a little of butter and season with salt.