

GRILLED SIDE OF THAI SALMON

By Chef Flora

INTRODUCTION

I have selected this recipe because yachts are about to cross the Atlantic for the Caribbean where the crew will indulge in plenty of Grouper and Mahi Mahi over the coming months, so now is your last chance to get your final hit of delicious Scottish Salmon while its in season. This is also a great recipe to cook on a crossing. It's a very simple, light, fresh and vibrant dish that can be prepared a day in advance (or when the Galley is flat).

SERVES 8-12

INGREDIENTS

A whole side of Salmon serving 8-12 people
(I prefer it with the skin on)

For the Marinade

Coriander stalks
2x chillies
2x garlic cloves
1 stalk of lemon grass, roughly chopped
2 teaspoon peeled ginger, roughly chopped
Light soya sauce
Adapt quantities to your own taste

Glaze

4tbs fresh squeezed Lime
4tbs clear honey

Garnish

Coriander leaves
Thinly sliced limes



METHOD

For the marinade remove all the coriander leaves from the stalks and keep the leaves in a small container in the fridge. Roughly chop the coriander stalks and place them in a blender along with the chillies, garlic cloves, lemon grass and ginger (the best way to peel ginger is with a teaspoon). Blend these for 10seconds, then add the soya sauce and blend again.

Prepare an oven tray (that fits under your grill) by covering it well in tin foil. Run your fingers over the salmon to check there are no bones, and lay it on the tray, skin side down. Pour the marinade

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over the salmon, trying to keep as much of it as possible on the top. Cover your salmon in tightly wrapped cling film and store in your fridge overnight.

The following day, remove your salmon from the fridge and allow it to come back to room temperature. Place your grill on its highest setting, whisk together the honey and lime to make your glaze and gently pour this over the Salmon.

Grill the salmon for 10-15 mins. Keep an eye on it.

Now place the Salmon in an oven at 120 for 20mins depending on how you like it cooked. I like the middle to remain pink and moist.

Carefully slide the salmon onto a suitable serving dish and pour over the remaining sauce from the tray. Garnish with coriander and sliced limes.

I like to serve it with tagliatelle and a bowl of freshly steamed vegetables.