# **ADAM GRAY**

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# **Seared Salmon with an Apple and Radish Salad**

(serves 4)

## **Ingredients**

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

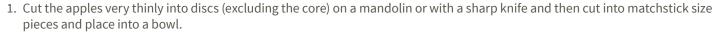
2 Tablespoons English Mustard

Salt

Pepper

1 Lemon

#### **Method:**



- 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 staring 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.

