Salmon, Potted, Pickled and Cured

We serve the following three recipes as a little salmon trio starter. However each is a triumph in their own right and work well on their own.

I love the principle of this dish. In Great Britain in 1960 only 10% of households owned a fridge; potting, pickling and curing were how we preserved many items. A lot of culinary history in this little trio!

**Treacle Cured Salmon**

*Serves 6-10*

**Ingredients**

- 600g-1kg fillet of organic salmon scaled, skin on
- 100g black molasses treacle
- Zest of 2 oranges
- 1 teaspoon fennel seeds
- 4 teaspoons English mustard
- 4 teaspoons sea salt flakes
- 2 teaspoons freshly ground black pepper

**Method**

Place salmon skin side down in a plastic container. Check for any pin bones.

A hot dessert spoon (put it in a mug of boiling water) is the perfect implement for getting the treacle out of the tin without it sticking to the spoon. Mix the treacle, orange zest, fennel, mustard, salt and pepper together in a bowl. Spread evenly over the fleshy sides of the salmon.

Leave the wrapped fillet at room temperature for 2 hours before refrigerating for 2 or 3 days in the plastic container.

To serve, remove from its container, scrape off the treacle marinade and at an angle, carving downwards towards the skin, slice into 5mm slices.

Delicious with shaved fennel, shallot and radish salad, simple olive oil and sea salt dressing.
Pickled Salmon

I’m a big fan of soused or roll mop herrings. Here’s a recipe using the same principle to souse salmon. I’ve used a lovely quality cider vinegar with complimenting aromatic flavours to give a gentle fruity pickle.

I serve this pickled salmon with a warm potato salad made with crème fraîche and dill. Great with dark rye bread and sour cream.

Serves 6-10

Ingredients

- 600g – 1kg fillet of organic salmon scaled, skin on
- 100g Malden sea salt
- 2 medium red onions, finely sliced

For the pickle:
- 2 oranges
- 800ml cider vinegar
- 1 teaspoon black peppercorns
- 1 teaspoon coriander seeds
- 4 teaspoons all spice
- 1 tbsp Demerara sugar

Method

Check the salmon for any pin bones and remove them using tweezers. Carve the salmon horizontally in 5mm slices. Have three 500ml preserving jars sterilised and ready for use.

Dissolve the salt in 700ml water to make a brine, add the salmon pieces. Leave them to soak for 1 hour.

Meanwhile, prepare the pickle. With a vegetable peeler or knife, peel the zest from oranges in thick strips. Put the peel in a pan and add the vinegar, peppercorns, coriander seeds and all spice berries. Stir in the sugar and slowly heat to a simmering point. As soon as the mixture simmers remove from heat and leave to cool.

Drain the salmon pieces and pat them dry on kitchen paper. Top each slice with a little red onion, fold in half and secure with cocktail sticks. Pack the salmon tightly into the jars.

Gently pour the marinade over the salmon, evenly dividing the zest and seeds amongst the jars. Make sure the fish is covered with pickle and twist the jars or tap them on the work surface to release any trapped air bubbles. Cover tightly.

Chill the fish for at least 3 days before eating. They are best after 7 days but will keep for up to 2 weeks.

Try them with warm potato salad, made with crème fraîche and dill. They are also delicious with dark rye bread and sour cream.
**Potted Salmon, Marinated Cucumber, Horseradish Cream**

You can pot salmon traditionally by flaking rare poached salmon into a bowl, adding ground mace, ground cloves, ground white pepper and melted butter. After a good mix turn the buttery salmon into small pots and refrigerate to set. I’m not a fan, the salmon and butter don’t do it for me.

At the restaurants we offer a little trio of salmon: potted, pickled and cured. Here’s how I pot the salmon.

**Serves 6-10**

**Ingredients**

For the salmon:

- 600g-1kg fillet of organic salmon, scaled, skin on
- 4 teaspoons salt flakes
- 4 teaspoons muscovado sugar
- Good handful dill, finely chopped
- ½ lemon, juice and zest
- 2 Granny Smith apples

**Method**

To marinate and cure the salmon you must first mix the salt, sugar, dill and lemon zest together. Place the salmon fillet skin side down into a plastic container. Spread the salt and sugar mix evenly on the flesh side of the salmon, cover and leave in the fridge for 24 hours.

After 24 hours complete the horseradish cream by pushing the mixture through a fine sieve being careful to remove all the lumps of horseradish etc. Season the remaining cream with salt and a little sugar. Whip until it achieves firm peaks.

Remove the cucumber from the freezer and defrost under cold running water until all the salt has been removed. Pat dry and slice thinly.

Remove the salmon from the fridge, wash off the marinade and pat dry with kitchen paper. Remove the skin and any brown meat from the salmon and dice into approximately 1cm cubes.

Peel and core the apples. Dice the apple to the same size as the salmon. Pour the juice of half a lemon onto the diced apple and mix well. This will prevent the apple from browning. Drain off the excess juice and mix the diced apple with the diced salmon. Season if required.

To serve divide the marinated cucumber between 6-10 little ramekins or ring moulds and pack tightly. Then divide the salmon and apple mixture between the ramekins or rings and pack tightly. Top each with horseradish cream and smooth off the top.

At the restaurants we use ring moulds and carefully push the ‘potted salmon’ from each for an attractive presentation.