



Confit of Salmon with apple & lemon verbena jelly

This starter has become a great classic of Le Manoir since its creation 14 years ago; the idea was to create a light spring dish with suggestions of flavours rather than full on. The salmon is not cooked, the proteins of the fish are de-natured giving a wonderful melting texture and flavour. Confit is traditionally meats cooked in their own fats, usually Duck or Goose and stored in pots, covered in fat to preserve it. Here we are going to confit Salmon in olive oil.

SERVES (YIELD):	4
DIFFICULTY RATING:	•••
PREPARATION TIME:	1-2 HOURS
MARINATING TIME:	1 HOUR
COOKING TIME:	18 MINS

SPECIAL EQUIPMENT:

Mandolin, Food Probe, Blender.

PLANNING AHEAD:

You can cure the Salmon(*1), marinate the apples and make the apple puree a day in advance. You should make the Lemon Verbena oil one day in advance.

INGREDIENTS

For the salmon

large pinch fresh lemon verbena, finely chopped
10g/½oz sea salt
2 pinches freshly ground white pepper
large pinch caster sugar
1 tsp finely chopped fresh dill
1 x 280g/10oz salmon fillet, preferably organic, pin bones removed, skin removed
200-300ml/7-10½fl oz extra virgin olive oil
1 lemon, zest peeled off in one strip

For the lemon verbena apples

10g/½oz fresh lemon verbena
100ml/3½fl oz extra virgin olive oil
2 apples, preferably Cox's Orange Pippins, washed, cut in half, cut into 0.5cm/½in slices

For the apple purée

2 large apples, preferably Braeburn or Cox's Orange Pippins, peeled, cores removed, cut into 5cm/2in cubes
50ml/2fl oz water
squeeze lemon juice

For the apple & verbena jelly

250g/9oz apple juice
20g/¾oz lemon verbena, bruised
pinch agar agar

METHOD

For the salmon

- 1 For the salmon, mix together the lemon verbena, salt, pepper, sugar and dill in a bowl until well combined. Sprinkle half of the mixture onto a baking tray, then place the salmon fillet on top and press to coat it in the marinade mixture. Press the remaining marinade on top of the salmon. Cover the tray with cling film and chill in the fridge for 30 minutes.
- 2 When the salmon has marinated, remove it from the fridge and wash off the marinade. Pat dry, then cut lengthways in half and widthways in half again, to make four portions.
- 3 Half-fill a roasting tray with water and bring to the boil. Reduce the heat until the water is simmering.
- 4 Pour the olive oil into a small saucepan and sit the pan in the simmering water, making sure none of the water enters the pan. Add the lemon zest strip and heat until the oil reaches 42C/107F.
- 5 Add the marinated salmon to the oil and heat for 12-15 minutes, making sure the temperature remains at 42C/107F. remove the salmon from the oil and set aside to drain onto kitchen paper. (NB: The inside of the salmon will not be cooked, but it will de-nature the proteins within the flesh, giving it a totally different, special texture and flavour. The fish must be barely warm and certainly not cooked, that would spoil the dish.)

For the lemon verbena apples

- 1 Blend the lemon verbena and olive oil in a food processor to a purée.
- 2 Transfer the mixture to a saucepan and heat over a low to medium heat for 18-20 minutes (the temperature of the mixture should remain between 50-60C/122-140F. Remove from the heat and set aside at room temperature for 2 hours to infuse, then strain the lemon verbena oil through a fine sieve into a bowl.
- 3 Add the apple slices to the lemon verbena, cover the bowl with cling film and set aside to marinate for 2-3 hours.

For the apple purée

- 1 In a small saucepan with a lid, cook the apples, water and lemon juice on a high heat for 8 minutes. Pour into a container or small bowl and set to one side.

CONT

CONT....

CONFIT SALMON P2

To serve

handful fresh micro sorrel leaves
8 small dandelion leaves
15g/½oz crème fraîche

CHEF'S NOTES: (*)

- *1 Salt curing is an age old process for preserving fish throughout the winter months, originating in Iceland and Norway. In this recipe we just want to obtain a light cure, just enough to draw out most of the moisture which will enhance the flavour and gently season the fish.
- *2 Wild Salmon is now on the MSC Fish to Avoid list, but you can get very good quality farmed organic Salmon or MSC certified Pacific Salmon from Alaska.
- *3 Use your best and most delicate extra virgin olive oil.
- *4 It is only a light curing to firm up and season the flesh of the salmon. See *1
- *5 Here at Le Manoir we use a sous vide machine and vacuum pack the apple slices with the oil. This process uses a fraction of the oil and aids the breakdown of the cells within the apple, pushing the flavour of the oil in to the apple.
- *6 Ensure you place the fish on top of the lemon zest as this will protect the flesh from the direct heat at the bottom of the pan.
- *7 Here I use the word cook quite loosely. 42°C will not cook the salmon fillet, but will denature the proteins lending it a different, special texture and flavour.
- *8 The fish must be barely warm and certainly not cooked, this would spoil the dish.
- *9 We are lucky at Le Manoir to grow our own herbs, micro sorrel is a beautiful leaf with a delicate acidity. Mr Richard Vines is probably the very best and most creative grower in this country.

For the apple and lemon verbena jelly

1 heat the apple juice until simmering in a medium saucepan. Remove the pan from the heat and add the lemon verbena. Set aside for 8 minutes, then whisk in the agar agar until dissolved and return the pan to the heat. Bring the mixture to a simmer, whisking continuously.

2 When the jelly mixture has gone clear, strain it through a fine sieve or muslin cloth into shallow trays, then set aside at room temperature until set.

To serve

1 Paint a line of the apple purée down the centre of each plate. Place one portion of confit of salmon into the centre of each plate. Place a spoonful of the jelly on top of each piece of salmon. Spoon some of the lemon verbena apples around the edge of each plate. Pile the dandelion leaves and micro sorrel leaves alongside the salmon, along with a small quenelle of crème fraîche.

FOR FURTHER INFORMATION ON THE
SERIES VISIT THE BBC WEBSITE

<http://www.bbc.co.uk/programmes/b00qzh52>

OR VISIT RAYMOND'S WEBSITE

<http://www.raymondblanc.com/>