

Autumnal Salmon Escabeche with Pickled Beetroot Crisps

Ingredients

4 x 160g salmon fillets (each fillet cut into 2) or Sea Trout
1 large banana shallot, peeled and very thinly sliced
3 garlic cloves, crushed
1 tsp coriander seeds, crushed
1 tsp cumin seeds, crushed
Pinch of saffron
150g Fresh Orange Juice
150ml extra virgin olive oil for dressing
1 tbsp cider vinegar
Olive oil for frying
Edible flowers and herbs, to garnish or beetroot crisps

Pickled Beetroot:

800g medium Raw Beetroot leave on roots and skins
2 bulbs garlic, cloves removed
olive oil
course sea salt
700ml Cider vinegar
125g dark brown sugar
3 fresh bay leaves
1 tablespoon whole peppercorns
1 tablespoon allspice
1 red chilli chopped
1 teaspoon salt

For the Wheaten Bread:

360g wholemeal, stoneground
120g plain flour
1 tsp salt
1 heaped tsp bicarbonate of soda
60g sugar
60g butter
329ml – 448 ml butter milk

Method

Combine all the ingredients into a saucepan except salmon, then simmer down to just starts to thicken and season.

Put a little flour onto the skin then fry skin side only, then put into a small dish to fit the salmon. Put the boiling mixture onto the salmon then leave to marinate and cook.

Best served the day after! Enjoy!