

Poached salmon, new potatoes and carrot batons (serves 1)

Ingredients

1 onion
½ lemon
1 bay leaf(in school)
600ml water or fish stock or vegetable stock
75g new potatoes (scrubbed)
fresh mint (in school)
1 x 200g salmon fillet
1 carrot



Skills: Filleting and poaching fish, vegetable prep, garnishing

Nutrition: In a healthy diet we should try to eat fish twice a week. Poaching is a fat free method of cooking that makes the fish even healthier. The whole meal is balanced with carbohydrate from the potatoes and vitamin C and fibre from the vegetables.

Preparation method

1. Peel and prepare the carrots into batons 1cm X 6cm. Peel and cut the onion into 4.
2. Place the new potatoes into a saucepan and cover with cold water. Add a pinch of salt and the mint sprigs and bring to boil, then turn down and simmer for 20-25 minutes, or until tender. Place the carrots in a steamer over your potatoes.
3. Place ½ the lemon, onion, bay leaves, stock and salt and freshly ground black pepper into a saucepan that is large enough to hold the salmon fillet.
4. Place the salmon into the cold liquid and bring to the boil, then remove from the heat. Cover the pan with a lid. Allow the fish to poach for ten minutes.
5. Blend the egg yolks, mustard and lemon juice in a food processor until pale and well combined.
6. Once tender, drain the potatoes, glaze with a little butter. Serve poached fish on a bed of new potatoes with sheath of carrot batons secured with a cucumber ring.

Safety rules:

Photo: