

Make more of... fresh salmon



Sara Buenfeld cooks a whole salmon for an Easter buffet, with some great ideas for any leftovers Photographs BRETT STEVENS

WHAT YOU CAN MAKE FROM 1 LARGE SALMON

- Buffet centrepiece for 10
- Casual lunch for 4
- Simple supper for 2

‘I’ve got so used to buying the convenient portions of fresh salmon that I had forgotten just how good it is to cook and present a whole fish and it’s cheaper, too. Cooking fish on the bone adds to its flavour, especially if you tuck in some herbs and thinly sliced onions. Also, if you serve it for a buffet for a large group of friends, it definitely has wow factor. So, why not try this for Good Friday – then you can enjoy any leftovers for the rest of the Easter holiday’

Foil-poached salmon with dill and avocado mayo

**SERVES 10 • PREP 20 mins plus
cooling • COOK 1 hr** Easy

The onion is in the centre of the salmon purely to flavour the flesh, so don’t be tempted to serve it, as it will barely be cooked.

3.5kg/7lb 7oz whole salmon (ask your fishmonger to clean and gut it)
olive oil, for greasing
1 small onion, very thinly sliced
4 bay leaves
20g pack dill
6 tbsp dry white wine
3 ripe avocados, preferably Hass
200ml/7fl oz mayonnaise
zest and juice 1 large lemon
½ cucumber, peeled, deseeded and diced

TO SERVE:
bunch watercress, lemon wedges, thick cucumber slices, fresh dill (optional)

1 Heat oven to 150C/fan 130C/gas 2. Put the salmon on a large sheet of oiled extra-wide foil (this will stop it from sticking later). Put the onion, bay leaves and half the dill in the body cavity, spoon over the wine, season with salt and black pepper, then loosely bring the foil round the salmon and seal well to make a parcel. Lift onto a baking tray, then bake for 1 hr. Take from the oven, then leave to cool for about 10 mins, still in its parcel.

2 Meanwhile, whizz the flesh from the avocados (with a hand blender or in a food processor) with the mayo, lemon juice, zest and seasoning. Tip into a bowl. Chop the remaining dill, stir in with the cucumber, then transfer to a serving bowl. Chill for up to 3 hrs.

3 Unwrap the salmon, then strip away the skin and fins. Personally, I don’t take the skin from the bottom of the fish if I am serving the salmon warm, as you risk breaking the fish up as you turn it over. It is more robust when it is cold, so in this case remove the skin from both sides. You can leave the head on or take off at this stage. Carefully lift onto a platter, then garnish with watercress, cucumber, lemon wedges and dill, if using.

4 To serve, remove the fish in chunky fillets. When all the fish has gone from the top fillet, remove the onion and herb flavouring, pull away the bones, then remove portions of the bottom fillet, leaving the skin behind. Eat with the avocado mayo, warm buttery new potatoes, and salads or green beans.

PER SERVING 612 kcals, protein 45g, carbs 2g, fat 47g, sat fat 8g, fibre 2g, sugar 1g, salt 0.49g



*Impressive, full-of-flavour
centrepiece*



Salmon and Puy lentil salad with olive dressing

**SERVES 4 • PREP 20 mins
COOK 6 mins** **Easy**

I always keep packs of Puy lentils or cans of beans in my storecupboard – they are so quick to turn into salads for a casual lunch.

FOR THE DRESSING:

- 85g/3oz Kalamata olives, stoned**
- 5 tbsp olive oil**
- 2 tbsp red wine vinegar**
- 1 small garlic clove, crushed**
- 1 tsp Dijon mustard**
- 2 tbsp chopped basil (or a dash of pesto)**
- 1 tbsp small capers**

FOR THE SALAD:

- 200g pack fine green beans, halved**
- 3-4 eggs (depending on how much salmon you have)**
- 2 x 250g pouches cooked Puy lentils**

- 4 large tomatoes, deseeded and roughly chopped**
- 175-200g/6-8oz cooked leftover salmon, flaked into large chunks**
- good handful rocket leaves**

- 1 Chop half the olives (set the rest aside), then mix with the remaining dressing ingredients in a bowl.
- 2 Boil the green beans for 5 mins, then refresh under cold water. Put the eggs in cold water, bring to the boil, then cook for 5 mins. Cool, shell and halve or quarter.
- 3 Heat the lentils in the microwave for 2 mins per pack. Tip into a bowl and toss with the tomatoes, most of the dressing, the whole olives and green beans. Arrange eggs and salmon on top, scatter with the rocket and finish with remaining dressing. Serve with crusty bread.

PER SERVING 530 kcals, protein 33g, carbs 35g, fat 30g, sat fat 5g, fibre 12g, sugar 7g, salt 2.60g

Simple raita

Mix 150g pot natural yogurt with 1 tsp mint jelly, 1 tbsp chopped coriander and seasoning to taste.



Indian-spiced fish cakes

SERVES 2 • PREP 20 mins • COOK 6 mins
Easy **uncooked**

- 600g/1lb 5oz potatoes, quartered if large**
- ½ tsp cumin seeds**
- 2 spring onions, finely chopped**
- 1 red chilli, deseeded and finely chopped**
- 2 tbsp chopped coriander**
- 1 egg, beaten**
- 100g/4oz cooked leftover salmon, flaked into large pieces**
- plain flour, for coating**
- 25g/1oz butter and 1 tbsp sunflower oil**
- leftover avocado mayo, raita or mango chutney, to serve**

- 1 Boil the potatoes. Meanwhile, dry-fry the cumin seeds for a couple of secs in a large non-stick frying pan. When soft, drain the potatoes, return to the saucepan, add the cumin, onions, chilli and coriander with plenty of seasoning, then mash well. When cooled a little, beat in 2 tbsp of the egg, then carefully stir through the salmon. Shape into 4 rough cakes, then coat in flour. If freezing, freeze on a baking sheet until solid, then pack up.
- 2 In the frying pan, melt the butter with the oil. Fry the cakes for about 2 mins each side until golden. Serve with the mayo, raita (recipe above right) or mango chutney and some salad leaves.

PER SERVING 551 kcals, protein 23g, carbs 60g, fat 26g, sat fat 9g, fibre 4g, sugar 2g, salt 0.43g