

SALMON with CUCUMBER and ALMONDS ...

serves 8

A favourite pairing for summer , the salmon and cucumber are augmented with a simple almond sauce.

Ingredients 4 x 200g (7oz) wild salmon fillets, skin on
 1 cucumber
 1 tbs lemon juice
 4 tbs sunflower oil

 almond sauce 1/3 cup white bread
 ½ cup ground almonds
 1 clove garlic
 2 tbs lemon juice
 1½ tbs olive oil

Method *Preheat the oven to 100°C (200°F, gas ¼). Season the salmon well and place on a greased baking sheet and bake for 15 minutes.*

Peel the cucumber, deseed and julienne the cucumber. Whisk the oil and lemon juice, seasoning and stir into the cucumber.

Make the almond sauce. Moisten the bread with water, then squeeze dry. Blend the bread, almonds, garlic and a couple of tablespoons of water. Add lemon juice, pepper and salt and olive oil. Thin to a thick sauce with water and set aside.

Remove the fish from the oven. Spoon the cucumber onto warm plates then spread a little almond sauce on top. Take the fish off the skin - use a fish slice. Halve each piece and place on piece on each plate and serve.