



## SEARED CRISP SKIN ORA KING SALMON

### INGREDIENTS

- 2 x Ora King Salmon portions
- ½ small cucumber (100g)
- 1 x small/medium tomato
- 5-10 white anchovy
- 1 x heaped Tbsp baby capers
- 1 x heaped Tbsp chopped parsley

### METHOD

Heat a medium sized cast-iron frying pan over a medium-high heat and add a splash of oil.

When pan is hot, place salmon pieces in pan, skin side down. (Do not overcrowd the pan).

Place a piece of baking paper on the flesh side.

Place a 1kg weight - such as a heavy pot or another pan on top of the salmon pieces. Cook for 2 minutes, lifting the weight once or twice, moving the salmon pieces gently around the pan.

Remove pan from heat, remove weight and baking paper.

Using a spatula, gently flip each piece of salmon and leave to rest for 1 minute.

Cooking times are based on portions being about 160g each.

Serve with a sprinkle of sea salt.

NOTE: If you don't have a pan large enough for all the fillets, try the same technique using the flat plate of the BBQ. Remember to clean the plate thoroughly before and after.

Serve with a salsa of cucumber, tomato, capers and white anchovy.

Dress the salsa with lemon juice, olive oil, a splash of white wine vinegar and salt.