

Salted Salmon With Samba Rice, Pickled Vegetables And Soy Green Tea



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014



Ingredients

Salted Salmon With Samba Rice, Pickled Vegetables And Soy Green Tea

- 500g skinned boned salmon fillet, sliced in half horizontally
- 2 1/2 tsp flaky sea salt
- 1/2 cucumber, split in half lengthways, deseeded, thinly sliced
- 1/2 carrot, shaved into ribbons
- 3 tbsp coconut vinegar
- 1 tbsp sugar
- 1 cup Suduru Samba rice
- 2 tbsp vegetable oil
- 600ml medium strength tea made with Dilmah Vivid Green Tea with Ginger
- 1 tbsp ginger, julienned
- 1 lemon, zest



- 4 tbsp naturally brewed Japanese soy sauce
- 2 tbsp lemon juice
- 1/4 nori seaweed sheet, toasted and thinly sliced

Methods and Directions

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- Put the salmon on a plate and sprinkle all over with 1 teaspoon of salt.
- Reserve for 30 minutes.
- Put the cucumber and carrot into a bowl and sprinkle another teaspoon of salt over them.
- Mix well, reserve for 30 minutes then rinse well under cold water and squeeze dry.
- Place the vegetables in a clean bowl.
- Add the vinegar, sugar, and the remaining 1/2 teaspoon of salt.
- Mix well until the sugar and salt are dissolved.
- Reserve.
- Put the rice into a saucepan and add enough water to cover the rice by 2cm, place on high heat and bring to the boil.
- Cover and cook for 20 minutes without uncovering for any reason.
- Remove from the heat and keep covered.
- Wipe the salt off the salmon, brush with the oil and panfry or grill until just cooked.
- Remove from the heat and keep warm.
- Put the strained tea over moderate heat and add the ginger and lemon zest.
- Bring almost to the boil.
- Remove from the heat and add the soy sauce and lemon juice.
- Put a small mound of the rice on each of 6 plates.
- Place some salmon on top of the rice and pour a little of the tea mixture around it.
- Place some of the pickled vegetables on the salmon, scatter the nori strips over everything and serve.