

## SALMON & AVOCADO PETIT FOUR SENSATION



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- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Real High Tea 2014/15 Volume 2



### Ingredients

#### SALMON & AVOCADO PETIT FOUR SENSATION

##### Savory Breton

- 170g butter
- 150g icing sugar
- 6g salt
- 72g egg yolk
- 230g plain flour
- 22g baking powder
- 3g pepper (black)
- 2.5g thyme (fresh)

##### Avocado Mixture

- 1 whole avocado

- 1 cucumber (seedless)
- 5g dill (finely chopped)
- 5g fennel (finely chopped)
- 2 gelatin sheets
- Salt & Pepper to taste

### **Tasmanian Atlantic Raw Salmon**

- 300g salmon
- 5g dill
- 5g fennel
- Salt & pepper to taste

### **Mayonnaise**

- 500ml oil
- 1 tbsp Dijon mustard
- 15ml white vinegar
- 3 egg yolks
- Salt & pepper to taste

### **Salmon Skin Ring**

- 100g salmon skin
- 10g oil
- Salt & pepper pinch

## **Methods and Directions**

### **SALMON & AVOCADO PETIT FOUR SENSATION**

#### **Savory Breton**

- Cream the butter, sugar and salt to combine and smooth.
- Add egg till all is combined together.
- Add all dry ingredients together.
- Roll to 4mm thickness over the baking paper and freeze for 10 minutes.
- Bake at 180C for 8 minutes.

### **Avocado Mixture**

- Combine grated cucumber, diced small cubes of avocado, dill and fennel.
- Add salt and pepper to taste.
- Add melted gelatin into the mixture.

- Pack mixture into rectangular ring and blast freeze for 1 hour.
- Cut to 3cm x 3cm, 4mm thickness.

## **Tasmanian Atlantic Raw Salmon**

- Debone the salmon.
- Season the salmon with dill, fennel, salt, pepper and olive oil.
- Cut into 3cm x 3cm squares of 4mm thickness.

## **Mayonnaise**

- Mix egg yolk, Dijon mustard, and white vinegar together in the bowl thoroughly.
- Add the oil gradually, whisking continually.
- Once fully combined, adjust the seasoning.

## **Salmon Skin Ring**

- Cut the skin into desired length and width.
- Season the skin with oil, salt and pepper.
- Tie both ends with butcher string and tie around the ring.
- Bake the skin at 180C for 20 minutes or till crispy and gold in colour.