

Smoked Salmon with mixed green salad, pea puree and almonds

Serves 4



INGREDIENTS

7oz/200g Smoked salmon
3 1/2 oz /100g French beans
3 1/2 oz /100g Snap peas
11oz /300g Frozen peas
1 bag Mixed greens
3 Tbsp (2oz /50g) Butter (unsalted)
1/2 cup (2oz /50g) Flaked almonds (toasted)
1 Lemon (zest and juice)
6 1/2 Tbsp (3 1/2 fl oz/100ml) Olive or Cold pressed rapeseed oil
1/4 pkt Fresh Dill
1/4 pkt Chives (chopped)
Salt and pepper



METHOD

1. The first thing you need to do is to make the pea puree. This will form a great flavour base to the dish and help hold the whole thing together. Blanch the peas in a pan of boiling salted water.
2. This should only take a few minutes, as soon as the water comes back to the boil remove the peas. Reserve some whole peas for the salad and blend the rest in the food processor with the butter. Taste and season the puree with salt and pepper.
3. The next thing you need to do is to blanch and refresh the green beans and snap peas. Blanching and refreshing is vital as it ensures that the vibrant green colour of the vegetables comes out and stays lovely and green.
4. To do this bring a pan of salted water to boil and put in a teaspoon of salt. I know that sounds like loads but the salt really helps to bring out the colour of the vegetables. Once it's boiling add the beans and you will instantly see the colour change. As soon as you see the change remove the vegetables and put them straight into ice water. This will "shock" the vegetables and help retain the colour.
5. With the lemon, oil and chives make your lemon dressing. First, zest the lemon and then put the lemon into the microwave for 10 seconds, this helps extract all the juice. Add the zest to the juice and slowly whisk in the oil. Taste and adjust the seasoning and finish with the chopped chives.
6. You are now ready to assemble the dish. Using a little of the dressing, dress the blanched beans.
7. Spread a spoonful of pea puree onto the bottom of the plate, then start building the dish placing some of the smoked salmon onto the plate with the greens, peas, beans, dill and almonds. Do the same again, building up as you go. This method of adding a little bit of all the ingredients in layers guarantees that every fork full is full of flavour and texture.
8. Drizzle with remaining dressing.



Chef Gary Maclean
The National
Chef of Scotland