





Pan fried salmon fillet with basil and tomato risotto, fennel and lemon salad, roast pepper sauce

This is a super simple dish with lots of great flavours. You can save time before the meal by preparing several of the ingredients in advance, just as we do in the kitchen at The Queen's Head.

Finely chop the shallots or onions, which can be washed in cold water for a few seconds after cutting to remove any sharpness in flavour. Add oil to a heavy bottomed frying pan and sweat off the shallots before adding the risotto rice.

Toast the rice in the pan for about two minutes until it takes on a golden tint. Add white wine. The quantity should be equivalent to the weight of the rice - 100ml wine for every 100g of rice. Stir well over medium heat until absorbed.

Skin, de-seed and chop the fresh tomatoes after soaking them in boiling water. Roast red peppers in the oven until black, put in a bowl and cover with cling film. This partly steams the peppers while they cool and makes the skin easier to remove before de-seeding and dicing. These preparations are best made in advance.

Add chopped tomatoes and some of the peppers to the

risotto. Then add vegetable stock a ladle at a time, stirring vigorously over a medium heat until the risotto reaches the desired creaminess.

Test to ensure that there is still a slight crunch to the rice. Add a small handful of grated parmesan and a knob of butter. Stir in. Add finely chopped basil just before serving.

Fry the salmon briskly on each side in a hot pan with oil and butter. Don't overcook - a minute or two per side should be enough. Set aside to rest.

Marinate finely sliced fresh fennel in lemon juice and olive oil, salt and pepper.

For the sauce, add the rest of the red peppers to vegetable stock and extra virgin olive oil and blend until smooth. Reheat when needed.

Recommended wine: Sancerre, Pascal Revedy, 2003

Ingredients

Serves four

Salmon (pinboned) - Four
200g fillets

Risotto

Risotto rice (Arborio) - 500g
Dry white wine - 500ml
Shallot - 1 small
Plum tomato - 2 large
Roast red pepper - 1
Basil - 1/2 bunch
Parmesan cheese - 75g

Salad

Fennel - 1 large bulb
Lemon - Juice of 1
Extra virgin olive oil - 1 tbsp

Sauce

Roast red pepper - 2
Vegetable stock - 250ml
Extra virgin olive oil - 1 tbsp