

Red braised salmon, Penang Jersey Royals, pak choi and kecap manis

Jersey Royals have a unique flavour all to themselves - rich, nutty and very moorish. However, use them with this fusion of flavours and they hit a new dimension altogether. And the poaching liquor can be used for a variety of different fish and meat.

Ingredients (to serve 4)

- 675g new season Jersey Royals
- 1 lemon grass stalk - thinly sliced
- 1 star anise
- 2 tsp cumin seeds - toasted
- 1 tsp cardamom - toasted
- 1 tsp black peppercorns - toasted
- 1 tbsp mild curry powder
- 225g onion - thinly sliced
- 150ml ground nut oil
- 2 garlic cloves - finely chopped
- 1 lemon - juice only
- 10cm root ginger - peeled and grated

Red poaching liquor

- 250ml Xaoxing wine (available from good Asian supermarkets)
- 200g yellow rock sugar
- 250ml dark soy sauce
- 100ml light soy sauce
- 3 star anise
- 1 cinnamon stick
- 3 spring onions - finely sliced
- 4 salmon steaks (or chicken breasts if preferred)
- 1 bag of pak choi
- Kecap manis

Method

- Boil the Jersey Royals in water with the lemongrass and star anise until tender.
- Cool, drain and cut in half, lengthways.
- Grind the toasted spice and mix with curry powder.
- Sweat onions in oil until soft, add garlic, then spice powder and gently fry for 3 minutes.
- Stir potatoes with the spicy onion mixture, add lemon juice and grated ginger, and leave to cool.
- Add all poaching liquor ingredients to a large pan and bring to the boil.
- Poach salmon steaks (or chicken, if preferred) for 10 minutes.
- The poaching liquor can be used again but needs to be boiled every other day for ten minutes if left in fridge.

Assembly

- Wok-fry the pak choi and then arrange Penang Jersey Royals on a plate with pak choi on top followed by the poached salmon (or chicken).
- Dress with a little kecap manis, to taste.

Wine recommendation

When matching wine with a dish, you normally look for the predominant flavours but this dish has so much intense flavourings it's impossible to know where to start!

I'd suggest a Tiger or Cobra beer if using salmon or maybe a good Australian Gewurztraminer with chicken.

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RESTAURANT & MEETING ROOMS

Blackfriars Restaurant, Friars Street, Newcastle. NE1 4XN ;
e: info@blackfriarsrestaurant.co.uk t: 0191 261 5945