

Crispy skin chinook salmon, beetroot risotto

Mascarpone, horseradish, dill

For the beetroot puree

2 large beetroot
5L water
500ml red wine vinegar
2 sprigs of thyme
1T black peppercorns
3T salt

Method

Place the beetroot on a large pan and cover with the water and vinegar. Make sure the beetroot are completely submerged otherwise they will not cook evenly.

Add the thyme, peppercorns and salt. Bring the water to a boil and turn down to a simmer. The beets will take about 3 hours to cook. Be careful to not cook them for too long otherwise the beets will go from a beautiful bright purple to a dull brown.

Once cooked let the beets cool down in the liquid. Peel the beets. Dice one beet to put into your final dish and blend the rest, including any trim, with some of the liquid used to boil. Be careful not to make the puree too wet as this will affect the risotto in the end.

For the mascarpone

500ml whipping cream
20ml lemon juice

Method

Place the whipping cream in a saucepan and slowly bring to 86 degrees. Use a thermometer as the exact temperature is very important.

Once it has reached 86 pull off the stove and place on the side to let it come back down to room temperature. Once it is room temperature add the lemon juice and place the whole pan in the fridge for 12 hours.

The next day hang the cream in cheesecloth over a bowl to catch the whey. Make sure you tie up the cheesecloth as it should not touch the bowl. Let it hang for a further 12 hours then remove from the cheesecloth into a container and place back in the fridge.

For the risotto base

300g risotto rice
80g unsalted butter
1 shallot
1 stalk of celery
1 clove of garlic
½ a leek
100ml white wine
1.2L white chicken stock

To finish the risotto

4T beetroot puree
50g parmesan
2T creamed horseradish
1T fresh horseradish
2T cooked diced beetroot
Juice of half a lemon
4 dill sprigs

Method

Put the chicken stock in a large pan and bring to the boil and save for later.

Finely dice the shallot, celery, leek and garlic.

Add the butter a saucepan on a medium heat until the butter starts to foam. Then add the finely diced vegetables and turn the heat down low. Slowly cook the vegetables in the butter until it becomes translucent with no color. This is called a soffrito.

When the soffrito is ready add the risotto rice with a good pinch of salt and turn the heat up to medium high. Cook the risotto rice for 1 minute then add the white wine.

Once the white wine has been reduced by half start adding the warm chicken stock ladle by ladle. Make sure the previous ladle has full incorporated before adding another ladle. The rice will take around 20 minutes to cook and should still have a slight bite to it.

Once the rice is ready to be finished add the beetroot puree, parmesan, creamed horseradish, diced beetroot and lemon. Check the salt level and season the risotto to your own taste.

For the salmon

For the salmon make sure the skin is still attached but the scales have been removed. Make small knife cuts in the skin. This will help the skin get crisper when cooking.

I recommend starting the cooking process of the salmon before finishing the risotto.

Get a frying pan on medium heat and put a little canola oil in it. Season the salmon with a good pinch of salt.

Just before the pan begins to smoke place the salmon skin side down and slowly begin to caramelize the skin. Once it begins to brown place in the oven at 350 degrees for approximately 5 mins. Once the flesh turns light pink but not full cooked remove from the oven and add butter. Slowly spoon the butter over the skin for 20 seconds then remove from the pan and season with lemon juice.

To serve

Spoon the risotto into a warm bowl and place the crispy skin salmon on top.

Spoon on your homemade mascarpone and finish with fresh horseradish and picked dill.