



**Steamed Atlantic salmon salad with watercress, saffron rice pilaf and lime creme fraiche**  
Picture: Dione Davidson

# Bringing the beach to the table

As the hot days linger, make the most of our ocean lifestyle for your alfresco table



Fish platter, \$19.95, from Kitchen Witch.



SunnyLIFE pitcher, \$24.95, from David Jones or sunnylife.com.au.



CODIS MIX glasses, \$7.95 for a pack of six, from IKEA.



Appertiser on Ice, \$49.99, from Kitchen Warehouse.



SunnyLIFE Wategos cork backed rectangle placemats, set of six \$29.95, from David Jones or sunnylife.com.au.



Starfish dip bowls, set of 3 \$12.95, from Kitchen Witch.



Lobster claw cracker, \$6.50, from Kitchen Witch.



Seafood sauce bowls, set of four, \$27.95, from Kitchen Witch.

## STEAMED ATLANTIC SALMON SALAD WITH WATERCRESS, SAFFRON RICE PILAF AND LIME CREME FRAICHE

ALAN SPAGNOLO, CLANCY'S FISHBAR, CITY BEACH

Serves approx. 6

- 800g Atlantic salmon fillet, cut in 2 pieces
- Steaming liquor**
- 1 cup white wine
- 3 cups water
- ½ cup white vinegar
- 1 celery stalk, chopped
- ½ carrot, peeled and roughly chopped
- ½ leek, well-rinsed and roughly chopped
- 1 yellow onion, peeled and roughly chopped
- 1 clove garlic
- ½ fennel bulb, roots and green top cut off, sliced in thick wedges

- 1 piece star anise
- 1 stalk of tarragon
- ½ small bunch of parsley
- 1 bay leaf
- 1 tbsp peppercorns
- ½ tsp salt

- Saffron rice pilaf**
- 250g jasmine rice
- 450ml boiling chicken stock
- ½ small brown onion, finely diced
- 1 small stick celery, finely diced
- equal amount of leek to celery, fine diced
- 200g butter

- ½g saffron
- salt and pepper
- Lime creme fraiche dressing**
- 200ml creme fraiche
- 50g Dijon mustard
- 2 limes, zest and juice
- salt and pepper

- Salad**
- 1 punnet watercress leaves, washed
- 1 punnet snow pea shoots
- 1 Spanish onion, finely sliced
- 3 limes for garnish

**Steaming liquor:** The vegetables should be roughly chopped into centimetre-thick pieces. Put all the ingredients into a large pot of water and slowly bring the mixture to a boil to make a vegetable stock. Continue to boil for 15 minutes. Discard vegetables and put stock in the fridge until ready to use.

**Salmon:** Place the prepared salmon fillets in a single layer on a rack or a perforated steamer over the steaming liquor and cover with lid. Depending on how thick the fish is, allow 3 to 8 minutes to steam. Take out salmon and cool to room temperature for 15 minutes, then gently break into large flakes.

**Rice pilaf:** Simmer a cup of chicken stock with the saffron, then pour in remainder of stock and bring back to boil. Sauté onion in half the butter on moderate heat in a separate pan until well cooked, with not too much colour. Add rice and cook until opaque, then add celery, leek and seasoning. Add stock and bring back to boil, cover with lid and bake in oven on high for 17-18 minutes. Take out, add the remaining butter and cover for a few more minutes. Run a fork through the rice, check the seasoning and cool to room temperature or refrigerate if you wish to use later.

**Lime creme fraiche dressing:** Whisk the lime juice, zest and mustard. Slowly add creme fraiche and continue to whisk until completely combined then season to taste. **To serve:** Gently mix the rice, salmon, Spanish onion, watercress and snow pea shoots in a large bowl with a little of the dressing, portioned evenly on to six plates. Add a little more of the dressing and lime garnish to serve.

## Spice up Asian eats

Spice up your cooking with Simon Johnson's new Asian range, which includes pastes and marinades, freeze-dried kaffir lime leaves, condiments and ready-to-go sauces for authentic dishes. All are made with natural ingredients for authentic flavours and there's a good red curry with bamboo shoots, a green curry with pea, eggplant and mushrooms, palm sugar and fried shallots in the range. A fish sauce (\$3.65/200ml) from anchovy extract is a pantry staple if you love Thai food and this one is lower in salt than most brands. Sprinkle the fried shallots (\$8.75/150g) on Thai salads for extra crunch or use in laksas and curries for flavour.



## KNIVES OUT

Knife expert Shun has just released its Premier collection. The range has a wonderful old-world look to it, and is made by hand in Seki City in Japan — the home of the samurai sword. The new collection offers knives for all purposes, from paring to slicing to a versatile chef's knife. The Shun Premier knife collection is currently available from selected homeware stores.

## COME ON, EAT AND GET HAPPY

Well, it's official: trans fats are bad for you, and not just in a portly way. Researchers from two universities in Spain have found that not only can trans and saturated fats lead to depression, but that olive oil can make you happy.

The study, which took more than six years to complete, analysed the diet, lifestyle and ailments of more than 12,000 volunteers and found that participants who had a diet high in trans fats presented an almost 50 per cent increase in the risk of depression compared to those who did not consume the fats. Conversely, olive oil was associated with a lower risk of suffering depression.

## GUILTY PLEASURES

**Food You Love That Won't Make You Fat**  
Ajay Rochester  
Published by New Holland (paperback, \$29.95)



Former The Biggest Loser host Ajay Rochester has released her own cookbook, *Food You Love That Won't Make You Fat* is all about enjoying some of life's guilty pleasures without piling on the kilos. Rochester suggests keeping meals small, simple and nutritious, cooking at home and staying away from packaged foods. Sound advice for all of us, really.