



CURED & SEARED SALMON WITH PICKLED PEAR & WASABI DRESSING

Serves 6

Ingredients

Dressing

- 5 tubes wasabi
- 60 ml soy sauce
- 600ml Olive Oil
- 20ml Sesame Oil
- 60ml Hot water

Pickled Pears

- 3 nashi pears, peeled and diced
- 100g sugar
- 100ml white wine vinegar
- 200ml water
- 1 tbsp schezuan pepper
- 2 star anise
- 1 cinnamon stick

Salmon

- 500g x 6 salmon fillets, skin off and pin boned
- ½ cup rock salt
- ½ cup brown sugar
- 1 small chilli, finely diced
- 1 knob ginger, finely diced
- ½ stalk lemongrass, finely chopped
- 1 tbsp coriander, finely chopped
- ½ cup soy sauce
- 1 punnet baby watercress

Method

For the Wasabi Dressing

- Squeeze the tubes of wasabi into a bowl.
- Whisk with Sesame oil. Once combined, whisk in soy sauce.
- Once each ingredient has been combined add, olive oil, then hot water.
- Can be stored for up to 1 month in an airtight container.

For the Pickled Pears

- Mix all the ingredients together and gently warm.
- Soak the pears in the liquor minimum 1 hour. The pears can be stored in the liquor for up to 1 day.

For the Salmon

- Mix all the ingredients and cover the salmon.
- Cling wrap and refrigerate for 30 – 60 minutes.
- Clean, pat dry and sear in a hot pan on both sides for approximately 3–4 minutes each side. Once cool, slice in thin slices, similar to sashimi.
- Lay on the plate so it covers the plate, lightly season.

To serve

- Remove the pear from the pickling liquor and spoon over the salmon.
- Drizzle with Wasabi dressing and finish with baby water cress and extra virgin olive oil.

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