

RECIPE for July 2014

MARINATED SALMON

Ingredients (for 3-4)

Fresh salmon fillets

2 tbsp light soya sauce

2 tbsp orange juice + zest from orange

2 balls of crystallised stem ginger, chopped + 2 tbsp of its syrup

2 cloves garlic, crushed

2 fresh chillies, diced (optional)

Marinate salmon in mixture for approx. 2 hours.

Remove and pan fry, skin side first (excellent if nearly charred), then set to rest.

Pour marinade into pan and reduce until garlic is soft and cooked.

Pour over fish and serve.

Great with fresh baby leaf salad and new potatoes, but great anyhow!