

Miele

Salmon with orange mustard glaze

By Miele

45 minutes, plus 1 hour brining

Preparation time

12 minutes

Cooking time

8

Serves



INGREDIENTS

Salmon

55 g (¼ cup) salt flakes
55 g (¼ cup) caster sugar
2 litres (8 cups) cold water
800-900 g piece of salmon, skin off and trimmed

Orange mustard glaze

90 g (¼ cup) honey
55 g (¼ cup firmly packed) brown sugar
60 g (¼ cup) Dijon mustard
1 orange, zest and juice
1 tsp ginger, finely grated

To serve

1 fennel bulb, finely shaved
1 lemon, juice
Extra virgin olive oil
Salt flakes, to taste
3 cups watercress
1 ruby red grapefruit, segmented
½ bunch chives, finely chopped

METHOD

Salmon

1. Dissolve the sea salt and sugar in cold water. Cover salmon with the brine and leave at room temperature for 1 hour. Remove and pat dry.
2. Meanwhile, make the orange mustard glaze.
3. Preheat oven on Fan Grill at 240°C.
4. Place a grilling and roasting insert into a universal tray. Place a square of foil on the insert and brush lightly with grapeseed oil.
5. Place the salmon on the foil and lightly brush with the orange mustard glaze. Place into the oven on shelf position 4 and cook for 6 minutes.
6. Lightly glaze again, place on shelf position 5 and cook for a further 6 minutes.

Orange mustard glaze

1. Place ingredients into a small saucepan and bring to the boil on high heat, induction setting 8. Turn down the heat to induction setting 5 and reduce by half. Allow to cool completely.

To serve

1. Place the fennel in cold water for 10 minutes, then drain and dry. Toss the fennel in lemon juice, olive oil and sea salt. Mix with watercress and grapefruit.
2. Place the salmon on a warm serving platter, scatter with fennel and watercress salad and sprinkle over chives.

Hints and tips

- Ginger can be replaced with either horseradish or wasabi for alternative flavours.
- Extend or decrease the cooking time of the salmon, depending on degree of doneness. Being careful, as an extended cooking time may lead to the glaze burning.