



POACHED SALMON PÂTÉ WITH PICKLED CUCUMBER



By Irish Yogurts Clonakilty

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Method

For the Poached Salmon

- Line baking tray with parchment
- Put the salmon standing on the tray leaving the skin on the salmon, season the fish with a little salt and cracked black pepper
- Pour the wine and water over the fish
- Scatter the remaining herbs, onions and lemon wedges around the tray for additional flavour
- Loosely cover the fish with a piece of parchment or tin foil and put into a preheated oven (180°C). Bake in the oven for 20 minutes, checking in on it occasionally
- Allow to cool, completely, on the tray

For the Poached Salmon Pâté

- Mash the salmon and place it in the large bowl with the shallot, lemon juice and chilli flakes and mix it until a relatively coarse puree has been achieved
- Add in the crème fraîche until a much smoother consistency has been achieved. Taste the pâté and correct the seasoning if required

For the Pickled Cucumber

- Mix the vinegar and sugar together and bring to the boil
- Prepare all the vegetables and set aside
- Combine the ingredients, and leave to stand overnight

Assembly

- Serve the salmon pate on slices of brown bread or toasted sourdough and top with the pickled cucumber



Ingredients

Poached side of Salmon

- 6 x 7oz/200g portions salmon
- 1 glass of white wine
- 1 glass of water
- Lemon wedges
- Fresh parsley
- 1 onion-sliced
- 1 bay leaf
- Salt & Cracked black pepper

Poaches Salmon Pâté

- 4 fillets poached salmon (See above)
- 1 small shallot-finely diced
- 2 tbsp of [Irish Yogurts Clonakilty Half Fat Crème Fraîche](#)
- Pinch Chilli Flakes
- Juice of 1 lemon
- Cracked Black pepper

Pickled Cucumber

- 4 tablespoons white wine vinegar
- 1 teaspoon sugar
- 1 cucumber, very coarsely chopped or sliced (do not use the seeds)
- ½ red onion chopped
- ½ red chilli

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