



Confit of Truffle-oiled Salmon with Warm Chestnut & Brussel Sprout Salad

Fear not – this recipe sounds terribly posh, but it's as easy as putting fish in a bag with some extra special ingredients. There's a farmers market near where I live every Saturday morning and my favorite stall is one that sells mushroom products grown in the old railway tunnels in Mittagong, NSW. Along with a surprisingly varied array of mushrooms, they also sell truffle oil – both black and white. The recipe below calls for "truffle" oil which is olive oil in which a truffle has been placed and the unique and delicious aroma of the truffle has infused into the oil. It is a truly delightful ingredient, and far less pricey than actual truffle. But if you do happen to have a truffle lying around, please feel free to use that instead. If you can't find truffle oil, or don't like it, you can substitute it with porcini oil, or leave out mushroom altogether and add a pinch of "The Great White" or "Lemon Lemon Lemon" Sea Salt Rub.

This recipe uses rock sea salt to lightly cure the salmon. And even though all the salt is washed off, you won't believe the difference this process makes to the flavour and texture of the fish. If salmon is not to your liking, any kind of trout can be substituted. This recipe serves 6 people, but for more or less just adjust the number of salmon pieces.

Ingredients:

For the Salmon

- 6 Salmon pieces, each approx 150-200gm, boned but skin on
- 500gm Olsson's Rock Sea Salt
- Truffle oil



Coat the flesh of each piece of salmon liberally with the rock salt, then place in the fridge for 4 hours. Preheat the oven to 100°C

Wash the salt off the salmon and pat dry with a clean tea towel. Generously rub the truffle oil into the flesh of the fish, place the fish in a large oven bag, pour in some more truffle oil, then remove all the air from the bag – use an twist-tie to seal. Place the bag of fish on a tray in the oven for 15 minutes. Serve with mashed potato (put some truffle oil in the mash if you like – it's lovely).

For the warm Chestnut & Brussel Sprout Salad

- 200g Chestnuts (fresh)
- 300g Brussel sprouts, trimmed and halved
- 100gm Butter
- 1 tblspn Lemon juice
- 2 tblspn Italian parsley, chopped

Prepare the chestnuts: preheat the oven to 200°C. Cut a gash in the outer shell of each chestnut. Put on a baking tray and roast for 15-20 minutes, or until the shells are split. While they are still warm, peel the chestnuts and rub off the inner skins. If some skins are stubborn, boil for a few minutes to loosen them. Cut in half if you like.

Tip brussel sprouts into a saucepan of boiling water and cook for 5 minutes and drain. Heat butter in a frying pan until it turns golden, add lemon juice, chestnuts and brussel sprouts and toss together. Season with sea salt and white pepper. Scatter over the chopped parsley and serve in a bowl.





Caramelised lime margarita

Nothing says “summer holidays” quite like a refreshing cocktail, so to kick off the silly season this year, we’ve included a recipe for a truly outstanding margarita, utilising the deliciously delicate Olsson’s Sea Salt Flakes. Caramelising the limes is fiddly but so unbelievably delicious, it’s worth the trouble. If one of these cocktails doesn’t slap a smile on your dial, try two!

Warning: this recipe requires the use of a kitchen blow torch, so whoever is making the margaritas should not be drinking them!

Ingredients

- 1 lime, halved and caramelised with a mini-blowtorch (instructions below)
- 1 small bowl of caster sugar
- 1 tsp vanilla syrup (instructions below)
- 35ml tequila
- 25ml orange liqueur (eg. Grand Marnier)
- Olsson’s sea salt flakes, for the rim
- lime wedge, to garnish

How to caramelize sugar (on the lime)

- Cut the lime in half and dip the cut half of the lime into a small bowl of caster sugar.
- Light the blow torch and hold it a few inches from the sugared lime (use a fork or skewer to hold the lime).
- As soon as the sugar bubbles and turns golden-brown in one area, remove the flame.
- Repeat process with other lime half.
- If you don’t have a blow torch then a very hot pre-heated grill will do the job. If using this method, slice the bottom of the lime so that it lies flat on the grill.



How to make vanilla syrup

- Sugar syrup is used in many cocktails and this particular version used vanilla beans that adds another taste dimension to the cocktail.
- To 1 litre of simmering water, add a split vanilla bean and 1 kg of caster sugar
- Stir until sugar is dissolved and remove from heat.
- Allow syrup to cool. When cooled, remove the vanilla bean. Store syrup in the fridge.

How to salt the rim of a glass

- Rub a lime around the rim of the glass so the salt sticks
- Sprinkle a layer of Olsson’s Sea Salt Flakes onto a saucer and dip the rim gently into the flakes.
- There are saucers especially made for salting the rim of margarita glasses but any saucer will do as long as its diameter is larger than the rim of the glass itself.



Preparation method

- Squeeze the juice from the caramelised lime halves into a cocktail shaker. Add the squeezed lime halves and muddle (crush) with the end of a rolling pin.
- Add the vanilla syrup, tequila and orange liqueur. Shake hard, then strain into a sea salt-rimmed glass filled with ice.
- Garnish with a slice or wedge of lime.



Sea Salt Butter Caramels

40-50 candies

For something a little different, I thought you might enjoy making something sweet. The combination of smooth, sweet caramel, crunchy sea salt flakes and dark chocolate may sound quirky, but the texture and flavour make them impossible to put down. And with Easter just around the corner, they make a great alternative to Easter Eggs and as home-made gifts. I have included two versions: one with and one without a chocolate coating. If you opt for the "au naturel" caramels (no chocolate), it's a good idea to wrap each one in cellophane or waxed paper. Once cut, they may stick together if not wrapped. If you store the caramels in an air-tight container, they'll keep for about one month.

A few tips:

- Pay attention all the time. Don't leave the kitchen with a pot of caramel boiling. And be aware that the boiling caramel is very hot so take precautions handling it at all times.
- Have all your equipment and ingredients ready before you start cooking.
- Making caramel (any kind of toffee really) depends on accuracy, so you'll need a candy thermometer.
- Use a heatproof spatula.
- Don't over stir the syrup. Sugar is a crystal and once you melt it, stirring encourages those crystals to hook back up. So only stir as much as necessary to keep the mixture smooth and to make sure nothing is burning on the bottom.
- To achieve a nice clean cut, wave the blade of a sharp knife over the flame on a gas burner, or dip in boiling water, before each cut.

3/4 cup (180 ml) heavy cream
1/2 teaspoon vanilla extract or vanilla bean paste
1 teaspoon Olsson's sea salt flakes
1/2 cup (160g) golden syrup
1 cup (200g) sugar
4 tablespoons (60g) butter, cubed, at room temperature
400g dark bittersweet chocolate, chopped

1. Line a 9-inch (23 cm) loaf pan with foil and spray the inside with cooking spray.
2. Heat the cream with 2 tablespoons of the butter in a small saucepan with the vanilla and 1/2 teaspoon sea salt until the mixture begins to boil. Remove from heat, cover, and keep warm while you cook the syrup.
3. In a large heavy-bottomed saucepan, fitted with a candy thermometer, heat the golden syrup with the sugar and cook, stirring gently to make sure the sugar melts smoothly. Once the mixture is melted together and the sugar is evenly moistened, only stir as necessary to keep it from getting any hot spots.
4. Cook until the syrup reaches 155°C. To get an accurate reading while the syrup is cooking, tilt the saucepan to make sure the bulb of the thermometer is fully submerged in the syrup, tilting the pan if necessary. Warning: do not let the bulb of the thermometer touch the bottom of the pan – the base of the pan is MUCH MUCH hotter than the contents.
4. Turn off the heat and pour the warm cream mixture into the syrup. Stir until smooth.
5. Turn the heat back on and cook the mixture to 127°C
6. Remove the pan from the heat, lift out the thermometer, and stir in the cubes of butter, until it's melted and the mixture smooth.

At this point you can choose to coat the caramels in chocolate or not:

Caramels "au naturel" (no choc coating):

Pour the mixture into the prepared loaf pan and wait ten minutes, then sprinkle remaining sea salt flakes over the top. Set on a cooling rack and let cool completely. Once cool, lift out the foil with the caramel, peel away the foil, and slice the bar of caramel into squares or rectangles.

Choc-coated Caramels:

Pour the mixture into the prepared loaf pan to cool. Cut the caramel into small squares or strips. Melt the chocolate over a pan of slowly simmering water (not boiling as this will split the chocolate) and dip the caramels in the chocolate one at a time. Place them on a baking sheet covered with waxed paper or foil to set. While chocolate is still wet, sprinkle on the remaining sea salt flakes and allow them to set completely.

