

Fillet of salmon 'with blackened mushrooms, courgettes & red pepper dressing

This succulent salmon dish features piquant Japanese flavourings and is a great light summer dish.

Ingredients (to serve 4)

- 400g shiitake mushrooms, stalks removed
- 50ml dark soya sauce
- 50ml mirin (sweet sake) available from good Asian supermarkets
- 2 courgettes – sliced at an angle
- 1 slug of olive oil
- 2 red peppers – roasted, skinned and deseeded
- 200ml good virgin olive oil
- 1 bunch coriander
- 4 salmon steaks
- 1 tbsp cracked white pepper

Method

- Simmer mushroom in soya and mirin for 5 minutes
- Brown courgettes in olive oil – season to taste
- Blend the roasted red peppers with the olive oil and season to taste
- Roll salmon in cracked white pepper and gently fry for 3 or 4 minutes per side, depending on size
- Remember that salmon lends itself to being slightly pink inside (as tuna does) and, as long as the fish is super-fresh, is perfectly safe

Assembly

- Place cooked salmon on or next to mushroom and courgettes
- Drizzle the red pepper dressing around the edge
- Garnish with coriander and serve immediately

Recommended wine

- Although Chardonnay is a natural choice with Salmon, I suggest a good Pinot Noir from New Zealand with these Asian flavours.