



Recipe of the Month- September 2008

Mustardy Salmon Burgers

Serves 4

Ingredients:

550g	Salmon fillet, skinned and boned	30ml	Dijon Mustard
30ml	Flour seasoned with salt and pepper	4	Ciabatta rolls, split in half (or any family favourite hamburger buns)
30ml	Olive Oil	A knob	of Unsalted Butter
1	Small fresh Lettuce, separated into leaves	1	Small red onion, sliced and separated in to rings

Salt and freshly ground black pepper

Ingredients for Blushed Sour Cream and chive dip:

125g	Cream Cheese	150ml	Soured Cream
8	Ripe Tomatoes, concasse and chopped (skins removed, dunk then into boiling water for 1 minute, pull off the skins and squeeze out the pips)		
60ml	Snipped fresh Chives		

Salt and freshly ground Black Pepper

Method:

- Using a large, sharp knife, cut away any brown bits from the salmon fillet and discard, double check for any small bones, then finely chop the salmon. Place in a bowl, stir in the mustard and season to taste. Divide into 4 even-sized portions then, using slightly wet hands, shape into round hamburger patties. Season the flour with salt and pepper dust the patties with enough of the seasoned flour, shaking off any excess.
- Pre-heat the grill to medium-high to toast the ciabatta. Heat a large, non-stick frying pan. Add the oil and butter and, once it starts sizzling, add the salmon burgers. Cook for 2-3 minutes on each side over a medium heat until lightly golden but a touch pink in the centre. (Please do not overcook the patties, they must be still juicy and pink in the middle)
- To make the dip, place the cream cheese, soured cream and flesh of the sun-blushed tomatoes in a food processor or liquidizer and whizz to combine. Transfer to a serving bowl, stir in the chives and season to taste. Cover with Clingfilm and chill until ready to use – the longer the better to allow the flavours to mingle. More mingle, more flavour.
- Toast the ciabatta rolls under the heated grill. Place the bottoms of the rolls on plates and spread over about a tablespoon of the blushed soured cream and chive dip, and cover with some lettuce and onion rings. Place the burger on top and smear the tops of the rolls with a little more of the dip. Serve at once with the Potato wedges and individual serving dishes filled with the rest of the dip. To make everyone feel as they having taken outs, especially the kids (and to save on dishes J), I make little cones out of baking parchment for everyone's potato wedges. Easy, healthy, fresh and oh so enjoyable.