



# The Akaroa Cooking School

## Recipes

### *Seasonal Recipes of the Month - October*

Canterbury Farmers Market - 31st October



### **Hot Smoked Akaroa Salmon on Spring Cous Cous Salad**

600g fresh salmon fillet (ask fishmonger to pin bone it for you)  
1 tbs brown sugar  
1 tsp salt

250g cous cous  
250 ml stock (chicken is great base)  
1 Bunch very fresh Green Asparagus  
1 Lemon plus zest of 1 Lemon  
2 Spring Onions  
Olivenz Extra Virgin Olive Oil

4 peppadew peppers  
1 tbs capers  
Bunch of fresh herbs. Basil, parsley or mint work well

Note - to hot smoke the salmon you will need a smoker. These are available at most hardware shops or outlets like the BBQ factory. They are a great investment that will last for years. If you don't have a smoker you can grill the salmon, BBQ or pan fry.

Pour approx 100ml of methylated spirits into the smoker's fuel holder. Sprinkle a handful of woodchips onto the base. Place the salmon onto some tinfoil and place on grate above woodchips. Sprinkle the brown sugar and salt onto the salmon and rub all over. Put on the lid, light the meths and leave until the meths has burnt out which will take approx 15mins. The salmon will be golden brown almost reddish in colour once smoked and tastes divine!

For the salad, pour the cous cous into a bowl with the hot stock and give it a quick stir. Place a lid or plate on the bowl and leave for 10 minutes. Snap the woody ends off the asparagus and then blanch quickly in boiling water. Drain and then refresh in cold water to stop the cooking process which will retain the goodness and colour. Check the cous cous with a fork which should be nice and fluffy. Mix through a good drizzle of e. v. olive oil, chopped peppadew peppers, lemon zest, roughly chopped herbs, sliced spring onions and capers. Add lemon juice and season to taste.

To serve, spoon cous cous onto a plate and place a portion of smoked salmon on top. Alternatively the cous cous would be lovely served with roasted or grilled chicken, lamb, or any other fish of your choice.

Serves 4 as a main.

Goes well with a riesling or a pinot gris.

Alternatively serve with roasted or grilled chicken, lamb, or any other fish of your choice.

Canterbury Farmers Market - 24th October

## **Asparagus Carpaccio**

1 Bunch very fresh Green Asparagus  
1 Lemon plus zest of 1 Lemon

3-4 Spring Onions  
Olivenz Extra Virgin Olive Oil  
Sea Salt & Freshly Ground Black Pepper  
50g Gruff Junction Waihora Goats Feta

Snap the woody ends off the asparagus. Using a sharp knife very finely slice the asparagus and place in a mixing bowl. Finely slice the white ends of the spring onions and add to bowl. Cut the first lemon in half and then slice a few thin wedges over the asparagus. Zest the second lemon and place half of the zest in the mixing bowl. Add a pinch of sea salt and some freshly ground black pepper. Add a few good glugs of olive oil and a squeeze of lemon juice and mix together. Pile into the middle of serving plates and crumble over feta and top with the remaining lemon zest. Drizzle a little more olive oil over the top.

Serve with some fresh crusty bread.

Serves 4 as an entree.

Fantastic with a fruity sauvignon blanc.

## **Smoked Salmon & Horseradish Crostini**

1 Petite flute or small baguette  
Olive Oil for brushing  
100g Spreadable Cream Cheese  
Mandys Horseradish  
200g Smoked Akaroa Salmon

Preheat oven to 180oC.

Thinly slice the baguette and brush lightly with olive oil. Bake in oven for about 4 mins each side or until lightly golden. Cool on a rack and then put in airtight container until needed. Stir cream cheese and add Mandys horseradish (it's quite hot so add a little at a time until

you are happy with the flavour). Spread on to cooled crostini and then top with sliced smoked salmon.

Makes about 40

Serve with a chilled glass of your favourite bubbly.