



Artisan Chef, Food Writer & Teacher

CITRUS AND POMEGRANATE SALMON WITH PENNE AND SPINACH

This is a recipe I created from the ingredients I had in the fridge and freezer. I also had discovered pomegranate molasses and decided to use it for the marinade. A slightly off the wall combination but it works well and it a bit different.

Serves 2

Preparation time 15 minutes

Cooking time 15 minutes

INGREDIENTS

2 Salmon fillets

1 Lime, juice

2 Lemon, juice of one, cut the other into wedges

5ml fish sauce

10ml dry sherry

40ml Pomegranate molasses

15ml olive oil

100g baby spinach

75g mascarpone

250g dried or fresh penne pasta (or your preferred pasta)

Salt and pepper to season



METHOD

Juice the lime and 1 lemon, add to a dish with the oil, pomegranate molasses, sherry and fish sauce, mix all ingredients together. Place the salmon fillets in the marinade and ensure they are completely covered. Leave flesh side down in the marinade.

Boil the pasta according to the time required. You will need to adjust the timings if you use fresh pasta. When cooked, drain and keep in the saucepan, cover.

Put a frying pan on the heat, hot is best. Fry the salmon in the liquid for 5-8 minutes (depending on the thickness of the fillet). Start with the flesh side and then move it to one side then the other. Finally, cook the skin side. Make sure the salmon is crisp on the top and the skin side is crisp too. Remove the salmon briefly from the pan and reduce the liquid until it is thick. Put to one side.

Put the pasta back on medium heat, add the spinach and as it wilts add the mascarpone. Mix together and serve in a pasta dish. Place the salmon on top of the pasta and drizzle the juice on the fish. Add the lemon wedges and serve.

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