

## *Salmon 'tarator' – with coriander, walnuts and tahini sauce*

The salmon can be cooked up to 2 hours in advance and assembled just before serving.

1.2 kg salmon fillets, skin on and not scaled  
sea salt and freshly ground white pepper  
30 ml extra-virgin olive oil

### Tahini sauce

20 ml tahini  
100 ml natural yoghurt  
1 small clove garlic crushed with 1 teaspoon sea salt  
juice of 1 lemons  
sea salt, to taste

### Tarator

100 g walnuts  
2 small purple onions, very finely diced  
1 long mild red chillies, seeded and very finely diced  
1 cup coriander leaves, shredded  
½ cup mint leaves, shredded  
20 g sumac

### Dressing

50 mls extra-virgin olive oil  
juice of 1 lemons  
salt and pepper

Pre-heat the oven to 80°C (fan-forced). Bring the salmon to room temperature

To prepare the salmon, first trim off the tapering tail end of the salmon and square off the head. Then trim about 1.5 cm from the belly so you have a neat even-sided rectangle. Remove all pin bones. Season the salmon with salt and pepper and drizzle with extra-virgin olive oil. Wrap in silicon paper and place, skin-side down in a large baking tray. Bake for 12 minutes.

Remove from the oven and carefully turn the salmon skin-side up. Leave to rest in the tray for 10 minutes.

Unwrap the paper and peel away the skin. Gently scrape away all the grey blood line. Set aside until ready to serve.

To make the tahini sauce, whip the tahini into the yoghurt until it becomes a thick paste. Add the crushed garlic and stir in the lemon juice. (It should have the consistency of pure cream.) Season with sea salt and refrigerate.

To make the tarator, increase the oven temperature to 200°C and roast the walnuts for 5 minutes. Tip them into a tea towel and allow to cool for 5 minutes. Rub briskly to remove as much of papery brown skins as possible. Chop the walnuts medium-fine and sieve to remove any powdery skin.

Mix the chopped walnuts with the finely diced onion, chilli, coriander, mint and sumac.

To make the dressing, whisk together the extra-virgin olive oil and lemon juice and season with salt and pepper.

Season the rested salmon fillets lightly with salt and pepper then brush 3–4 tablespoons of the tahini sauce onto the exposed flesh of each fillet.

Divide the tarator mixture into 8 portions and pack onto the salmon fillets neatly and evenly to cover the entire surface.

Transfer each fillet onto an oval serving dish. Just before taking to the table, spoon the dressing over the fish and sprinkle with a little extra sea salt.

## *Harira – Spicy Moroccan lentil and chickpea soup*

2 medium brown onion, diced  
2 cloves garlic, crushed  
60 ml olive oil  
150 g brown lentils  
150 g chickpeas, soaked overnight  
2-3 litres vegetable stock  
2 tins crushed tomatoes (400gms)  
½ teaspoon ground cumin  
½ teaspoon ground coriander  
½ teaspoon ground ginger  
½ teaspoon ground black pepper  
¼ teaspoon turmeric  
1 pinch ground saffron, about 10 threads lightly roasted and crushed  
60 ml sherry  
Juice and zest of 1-2 lemons  
1-tablespoon parsley, chopped  
1-tablespoon coriander, chopped  
1 tablespoon celery leaves, chopped  
200 ml Greek style yoghurt  
100 ml extra virgin olive oil

Heat the olive oil in a large saucepan and gently sweat the onions, spices and garlic until they soften. Add the sherry, lentils and soaked chickpeas and 2 litres of chicken or vegetable stock. Simmer for an hour, or until the lentils and chickpeas are soft and beginning to break down. Add the tomatoes. Use a bamix on low speed to lightly crush the pulses, but make sure not to turn into a smooth purée. Adjust the consistency with additional stock. Bring to the boil and finish off with, lemon juice and zest and the fresh herbs. Serve with a blob of Greek style natural yoghurt and a drizzle of extra virgin olive oil.

Serves 12