

# CHILLED ROULADE OF SMOKED, CURED AND FRESH SALMON SERVED WITH CITRUS DRESSING AND MONIAC REDUCTION

## WHAT YOU'LL NEED

- 300grms long sliced smoked salmon for lining terrine.
- 450grms fresh salmon
- 225grms diced cured salmon (gravlax)
- 115grms diced smoked salmon
- 115grms clarified butter
- 15grms chives [finely chopped]
- 15grms dill [finely chopped]
- 15grms parsley [finely chopped]
- 20mls fresh squeezed lemon juice
- salt and pepper
- pinch of cayenne pepper
- 50mls olive oil for cooking

## WHAT TO DO

1. Lay out the tin foil, 3 layers thick and top this with a layer of cling film, lay on the thin sliced smoked salmon approximately 220mm long and refrigerate.
2. Slice the raw salmon 5mm thick and season with salt and pepper.
3. Heat olive oil in frying pan and lightly cook the salmon without browning and place in a colander to drain.
4. Remove salmon from the colander and place in a bowl, add the diced smoked and cured salmon and mix gently with a fork add herbs and lemon juice and further combine.
5. Gradually add the butter and season to taste with the salt, pepper and cayenne pepper.
6. Spoon the mixture onto the lined clingfilm and gently fold over the sliced smoked salmon, continue to roll and twist both ends tightly to secure and refrigerate to chill for a minimum of two hours.
7. Remove Tinfoil and clingfilm and cut into suitable portions (keep refrigerated).



# COUS COUS SALAD

## WHAT YOU'LL NEED

- 75mls olive oil
- 50grms diced red pepper lightly cooked in a little olive oil and drained
- 50grms diced green pepper lightly cooked as above
- 50grms carrots diced and lightly cooked
- 8grms ground cumin
- 4grms ground coriander
- 4grms ground paprika
- 2grms ground turmeric
- 350mls chicken or vegetable stock
- 225grms cous cous
- 2 bunches chives finely cut
- 2 red chillies – seeded and finely diced
- 50grms toasted pine kernals
- 35mls runny honey
- ½ lemon zested and juiced
- 6grms finely chopped coriander
- 6grms finely chopped mint

## WHAT TO DO

1. Heat half the oil in a large pan, add the carrots, and lightly cook for a few seconds add the peppers and cook until just softening then allow to cool.
2. Add all the dry ingredients to the cous cous and place in a bowl, season the stock and bring to the boil.
3. Pour the boiling stock onto the cous cous mixture and stir for a few seconds.
4. Cover with cling film and allow to sit for 5 minutes undisturbed.
5. Remove the cover and fork until the grains are loose and free flowing then fork in the remaining oil and honey.
6. Add the cold vegetables and the remaining ingredients and season to taste, chill and reserve for service.

# CITRUS DRESSING

## WHAT YOU'LL NEED

- 2 oranges
- lemon
- 120ml olive oil
- clear honey to taste
- cayenne pepper to taste

## WHAT TO DO

Carefully peel the oranges and lemon, with a sharp knife over a bowl, catching any juices. Discard any white pith and place into a blender along with the juices. With the machine running slowly add the oil and season. Strain into a bowl and correct sourness with a little runny honey if required.

## GARNISH

50grms 5mm diced melon  
50grms 5mm diced mango  
50grms 5mm diced paw paw  
50grms solferino cucumber  
50grms roasted pinenuts  
10grms picked dill  
10grms snipped chives



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