

Hi everyone - it was lovely to see so many people at our inaugural cookery demo at the Fife Farmers' Market in St Andrews. The sun shone and we welcomed many people to our demonstration table. Thanks for all the nice comments received on the day - and I know we caused a bit of buzz on the #StAndrews hashtag via Twitter!

We also enjoyed sharing our recipe cards directing everyone to this page on the website - where we will post all future recipes. And for those who didn't make it to the day, we'll be running promotions at each market, ensuring a wee treat for anyone visiting the resort for lunch in our Road Hole Restaurant.

As promised, here is there recipe I cooked on Saturday. I used wonderful salmon from Iain Spink's stall. He's the one with the Arbroath smokies!

The vegetables are available from Colin Chalmers (East Pilmore Farm), Irene Alexander (Bellfield Organic Nursery and John Reid & Sons (West Park Nursery). The butter was kindly provided by Isle of Arran Chesse - and for the vegetable oil, I used the fabulous Rapeseed Oil from Christopher Mann's Supernature stall.

We'll be back in St Andrews on Saturday 1st June. Until then, enjoy!

Pan fried salmon with asparagus, samphire, chestnut mushrooms, baby spinach and a lemongrass butter sauce

Ingredients - Serves 2

2 x 160g salmon fillets steaks

4 chestnut mushrooms (sliced)

6 asparagus spears (blanched and refrehed)

40g baby spinach leaves

20g samphire

20ml vegetable oil

60g unsalted butter

Method

- Check salmon steak is free of bones and scales
- Heat a heavy frying pan with some of the butter and oil
- When hot seal the salmon on the skin side and leave to cook halfway turn the salmon over and remove from the heat
- In a small saucepan melt the rest of the butter add the sliced chestnut mushrooms and gently cook add the samphire, asparagus and baby spinach wilt the spinach check seasoning adjust and place on the centre of the plate spoon sauce.
- Place the cooked salmon on the vegetables spoon sauce around and serve.

Sauce

Ingredients

100ml white wine

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1 lemon grass stick

20g chopped shallot

100g unsalted butter

20ml double cream

1 tomato peeled and deseeded

Method

- Place white wine, white wine vinegar shallots and split lemon grass stick in a pan and reduce the liquid by half and strain into a small pan.
- Bring to the boil and further reduce until slightly syrupy slowly whisk in the hard unsalted butter when it is all combined add double cream mix in check seasoning add chopped blanched tomato bring to the boil and use.