



SALMON TANDOOR WITH HOT VEGETABLE CHUTNEY AND PARATHAS

Serves 6

Ingredients

For the Tandoor:

6 Salmon Steaks (New Wave Fish Shop or Severn & Wye Smokery)

500ml Plain Yoghurt (Chedworth Farm)

2 tsp Cumin Seeds

2 tsp Turmeric

175g Freshly Chopped Coriander

Zest of 1 Lime

Zest of 1 Lemon

For the accompaniments:

1 Red Onion (Duchy Home Farm)

2 Beef Tomatoes

1 Tin Coconut Milk

Juice of 1 Lime

2 Peeled and Roughly Chopped Jerusalem Artichokes

1/4 Shredded Cabbage

For the Parathas:

100g Plain Flour (Shipton Mill)

100g Wholemeal Flour (Shipton Mill)

1 tbsp Olive Oil

150ml Water

50g Melted Butter (Netherend Farm)

Method

1. Mix all the ingredients together well and pour over the boneless salmon steaks and marinate for 6 hours in a lidded container in the fridge.
2. Drain off the excess marinade and sear skin side down first on a hot skillet.
3. Turn once and repeat on the other side. Brush lightly with olive oil to avoid sticking.
4. The aim is to get a Tandoori Oven effect so it needs to be really crisp on both sides but still moist on the inside when serving.

5. Ideally served with warm homemade relish of roughly chopped Red Onions, Beef Tomatoes, Garlic, Shredded Cabbage, Coconut Milk and Lime all lightly fried together in a shallow pan and served.

To make the Parathas:

1. Combine the plain flour and wholemeal flour together in a bowl.
2. Add the water to the flour and mix together to form a dough consistency and knead for 5 minutes.
3. Place in an oiled bowl and cover with cling film. Allow the dough to rest for 20/30 minutes.
4. Once rested divide the dough into 6 even sized balls.
5. Roll each ball out to form a flat circle the diameter of a tea mug.
6. Brush with melted butter then fold in half. Squash flat and brush again with melted butter. Fold in half once more and then roll out until flat and fairly thin.
7. Heat a heavy bottomed pan and dry cook (no added fat or oil) the flat breads for about 3 minutes then flip over and cook the other side. Perfect for dipping into a curry sauce.

This recipe copyright Rob Rees MBE – The Cotswold Chef