

Personal Chef
Tyrone Power
Catering to villas, yachts, chalets & private homes. 

Travelling Chef June Newsletter 08



Poached Salmon with Salsa Verde Mayonnaise

Hi All

So much for having a quiet month to catch up on things. It seems everyone is getting married and wanting to have their hens weekend party in a luxury cottage in the south west with their own personal chef. A new avenue for the business and very entertaining, for both parties!

Good news for all of my clients in London. I now have the use of kitchen facilities at Park Royal Studios in Harlesden to work from thanks to my good friend Kit Streppel who is the Head chef there. Together we are planning a few larger functions in old London town. Anyone wanting to know more information or a quote for your next party whether it be a private affair in your home or corporate event don't hesitate to drop me a line at tyrone@tyronepower-personalchef.com or call me on 07920 066 075.

Just a quick reminder to all clients that my Hostessing service is now up and running and available for you. Whether it be looking after you and your family for a week whilst in your villa or you need an extra hand at home for your next function my hostesses are looking forward to being of service.

Bridget Kenny-Levick from Wells asks me what type of fish is best to BBQ. Bridget dearest, if you are putting the fish straight onto the BBQ then a meaty fish, such as Tuna, Swordfish or Marlin are by far the best as the fibres in the flesh and texture of the fish hold it together whilst cooking. South East Asian marinades go fantastically with these. As they are full flavoured fish they stand up well to the strong flavours of the orient. If you are using a more delicately flavoured and softer flesh fish, such as Dorade, Snapper or Barramundi, they are better wrapped in tinfoil whole and flavoured using more classical ingredients like lemon, garlic and fresh fennel. This way they will hold together and you will not over power the delicate flavours of the fish.

This month I have chosen to do a poached fish dish. Fantastic for summer picnics this can be prepared in advanced and transported to the nearest beach or country field and washed down with a lovely dry French wine, perhaps a Semillon from Bordeaux or Pouilly Fume from the Loire.

Enjoy

Poached Salmon with Salsa Verde Mayonnaise

Ingredients

Court Bouillon

- 1 Carrot peeled and sliced
- ½ an onion peeled and sliced
- 1 Leek, just the white part, washed and sliced
- 2 Sticks of celery cut into strips
- 1 Table spoon of black peppercorns
- 2 Bay leaves
- 1 good handful of fresh thyme
- 1 Bottle of dry white wine
- 1 Litre of water
- 4 Cloves of garlic
- Some parsley stalks

Salsa Verde Mayonnaise

2 Fresh egg yolks

1 Tsp of Dijon mustard

Olive oil

Ground nut oil

Juice of half a lemon

A good handful of each, chopped parsley, dill, mint, chives, capers

Salt and pepper

4 Nice salmon fillets

Method

Place all the ingredients for the court bouillon in a large pan, bring to the boil and turn down to a simmer. After 20 mins turn the heat off and drop in your salmon fillets. There will be enough residual heat there to gently poach them. Normally I give mine 5-6 minutes as I like them pink in the middle. Once they are cooked, remove them with a slotted spoon and place them on to a plate and pop them in the fridge to cool.

Now for the Mayonnaise, I find the best way to do this is in a food processor. If you don't have one, a stainless steel bowl and whisk along with large forearm muscles will suffice. Pop your egg yolks into the processor along with your mustard. Turn it on and begin adding the olive oil in a trickle! Do not add quickly as the yolks will split.

As you add the oil the mixture will begin to emulsify (bind) roughly after a minute, once the mayonnaise has begun to take shape, add your lemon juice and swap oils. I do this because if all olive oil is used, it can overpower the dish. Eventually after a few minutes the mixture will have firmed up to resemble mayonnaise. Those using the whisk method will understand why I said strong forearms needed! At this point add your chopped herbs, capers and seasoning, mix through and there you have it. Salsa Verde Mayonnaise.

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