



Seared salmon with flaxseeds and choco-soy dip

NIBBLEDISH CONTRIBUTOR

Ingredients

(make 2 servings)

- 2 salmon fillets (thawed if frozen);
- 1 tsp dark soy sauce;
- 1 tsp light soy sauce (plus some more to season if needed);
- 2 tsps water;
- 1/4 tsp Chinese rice wine;
- 4g bittersweet chocolate, chopped (roughly 1/2 tsp);
- 3 tsps Linwoods' Flaxseeds, Cocoa and berries mix, plus some more as sprinkle;
- 2 tbsp fava beans, blanched;
- 2-4 thin slices of fresh ginger;
- 2 sprigs of chervil.

Instructions

Heat well a non-stick skillet on medium-high heat. Pat the salmon fillets dry using paper towels and when the pan will be ready, place them in it searing the first side. Wait 2-3 minutes before turning them, by now the first side should show a lovely orangey crust with dark grill-like marks; if this is not the case do not turn the fillets yet. When also the second side will be seared, it will take another 2-3 minutes, place the fillets on a plate and let them rest covered with some aluminum paper.

To prepare the sauce, in a tiny sauce pan combine the soy sauces with the water, rice wine and chocolate. Delicately warm the sauce to let the chocolate melt whisking to incorporate it. You can always place the saucepan in another bowl containing hot

water; since chocolate melts below body temperature so you won't need really boiling water. If needed, you can now season the sauce furthermore with some light soy sauce.

While the sauce is cooling down, take away the tough skin from the fava beans by pinching it open and squeezing the seed out, we don't need mash for this recipe so be gentle.

Slice now the salmon fillets along the short axis in bite sized pieces and coat one side of half of them with the Linwoods' seeds and berries mix.

Plate the salmon bites with the side of fava beans. Drizzle the salmon and the dish with a little of the sauce (not the beans). Place the ginger slices and the chervil branch in a decorative manner and serve with the remaining sauce in a dipping dish and some more Linwoods' cocoa seeds and berries mix as sprinkle.