Salmon
a selection of my favourite recipes
Paul Clerehugh recipes as featured on the Nicki Whiteman Show

Paul Clerehugh is BBC Radio Berkshire’s guest chef.
He is chef proprietor of the Crooked Billet, one of England’s most famous foodie pubs.

We’d visit Nana Clerehugh, Saturday teatime for a tin of John West & Salad.
 Cádillac pink salmon - cooked in its tin with that impossible twist key that peeled round the tin.

A tin of salmon was considered quite gastronomic in the 1970’s West Yorkshire, a very respectable Tombola prize.

She served it with floury baps, cucumber in vinegar, a curl of lettuce, land cress, tomato & salad cream. Pudding was a tin of apricot halves & carnation milk, “evap” as she called it.

Back then fresh salmon was unheard of but three decades later we take fresh salmon for granted. Here are some of my favourite recipes.

Paul Clerehugh
Coconut, Oyster & Salmon Laksa

This laksa is really sumptuous. It can be made with lots of chilli because there is plenty of coconut milk to mask the heat. I recommend vermicelli rice noodles, but any type of noodle can be used. If you don’t like biting into warm, uncooked oyster, add it a little earlier in the cooking process. The roots of fresh coriander pack a lot of flavour, so if you are fortunate enough to be able to buy coriander whole wash the roots as well and use them.

For six large bowls:
- 2 medium hot red chillies (more if you like)
- 4 cloves of garlic, peeled
- One 6 cm thumb of ginger, peeled and roughly chopped
- 1 teaspoon finely ground coriander seeds
- ½ cup fresh coriander, roots, stems and leaves, all well washed
- 50 ml sesame oil
- 250 g salmon fillet, skinned and bones removed, sliced into 12 pieces
- 50 ml fresh lemon juice
- 1.2 litres unsweetened coconut milk
- 800 ml fish or vegetable stock
- 50 ml Asian fish sauce
- 12 freshly opened oysters (save the juices that come out when you open them)
- 200 g dried vermicelli noodles, cooked as described on the packet
- 18 fresh mint leaves
- 3 spring onions, finely sliced

Put the first six ingredients into a food processor and puree to a coarse paste.

Mix the salmon and lemon juice together and leave to marinate at room temperature while you make the laksa.

Heat a large pot and add the paste; fry for 1 minute, stirring well.

Add the coconut milk and stock and bring to the boil.

Simmer for 10 minutes, and then add the fish sauce, the oysters and their juices and the marinated salmon all at the same time. Stir gently for a few seconds.

Warm the bowls, divide the noodles between them and ladle on the soup.

Sprinkle the mint and spring onions over the top.
Orange & Cider Vinegar Roll Mop Salmon

Herrings are the usual fish to end up in a pickle – which of course was a great way of preserving fish, pre fridge/freezer & fast routes of supply.

Serves 6:
- 6 salmon fillets, skinless and boned, cut into 1cm thick rectangles, approx 100g each
- 60 g salt for the marinade
- 750 ml cider vinegar
- 12 all spine berries
- 12 black peppercorns
- 6 bay leaves
- 1 tablespoon light brown sugar
- Zest of one large orange, pared in wide strips, with no white pith
- 1 small red onion, very thinly sliced

Dissolve the salt in 500 ml water, add the salmon and leave for 3 hours.

Meanwhile make the marinade. Put all the ingredients in a saucepan, bring slowly to the boil and simmer for just 1 minute. Remove from the heat and leave it to cool.

Drain the salmon fillets from the brine and pat them dry with kitchen paper. Roll them up and pack the rolls into 3 sterilised 500 ml preserving jars. Pour the marinade over the salmon, making sure you get some of the spices and zest in each jar, and then seal the jars.

Store in the fridge for at least 3 days before eating. They are best from 5-10 days, but will keep for up to a month. The longer you leave them, the softer and more pickled they’ll get.

To serve, drain the fillets from their marinade and accompany with a little soured cream and, ideally some rye bread.
Salmon Tartare

You’ll need sparkingly fresh raw salmon – the following ingredients will yield 4 good starter portions. Raw salmon has a good firm texture – cut it reasonably coarse unlike when preparing the classic steak tartare, when you’d mince it reasonably fine.

Serves 4:

- 400 g boneless, skinless organic farmed (or self caught wild) salmon, cut into 1 cm cubes.
- Juice of 1 lemon
- Splash of Worcestershire sauce
- 4 drops of Tabasco
- 2 teaspoons finely chopped parsley
- 2 teaspoons finely chopped capers
- 2 teaspoons chopped gherkins
- 2 teaspoons very finely chopped red onions
- Salt and freshly ground black pepper

Put the salmon in a large mixing bowl & squeeze over the lemon juice, followed by the Worcestershire sauce and Tabasco. Season it with salt and pepper.

Fold in the capers, gherkins, parsley and onions.

Let stand for 10 minutes so the flavours infuse and develop.

Mix again and stand for another 10 minutes before serving.
Salmon in Pastry with Ginger & Currants, served with a Herb and Cream Sauce

Joyce Molyneux is famous for this dish. She has sadly retired now, but enjoyed an enormous reputation in the 1980's as chef at the Carved Angel in Dartmouth (John Burton Race had the restaurant in more recent times).

Serves 4:
- 675 g-1 kg fresh salmon
- Salt
- Pepper
- 2-3 pieces of preserved ginger
- 1 tbsp currants
- 50 g slightly salted butter
- 225 g short crust pastry
- Egg for egg wash

Fillet the salmon and skin it. Remove any internal bones with a pair of pliers. Divide the fish into two horizontal slices. Season with salt and pepper.

Rinse the ginger of its syrup. Chop it finely and mix with the currants and butter (which has been allowed to soften) Spread over each slice of fish. Sandwich the fish together.

Roll out the pastry and wrap it round the salmon to make a neat parcel.

Egg-wash the pastry and bake for 30-45 minutes depending on size and shape of finished product.

Cook for the first 20 minutes at 220 °C and then reduce to 150 °C for the remainder of the time.

Serve with the herb and cream sauce.

Hear more from BBC Radio Berkshire's guest chef Paul Clerehugh on Nicki Whiteman's afternoon show, tune into the food hour at 2pm on Friday afternoons.