

Crispy skin salmon with avocado mousse on a tomato salsa

Recipe by Chef Jason Ford

- 250g avocado
 - 1 tbsp harissa paste
 - 1 small lime, juiced
 - Salt and pepper to taste
 - 2 gelatine leaves
 - 150g cream, whipped
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- 2 x 150g salmon fillets
 - 2 tbsp extra virgin olive oil
 - sea salt and pepper
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- 125g tomatoes, diced
 - 50g red capsicum, chopped
 - 50g red onion, fine dice
 - 1 lime, juiced and finely grated rind
 - 1 long red chilli, seeded, finely chopped
 - 4 sprigs fresh coriander, chopped, plus extra sprigs, to serve



Method for avocado mousse

1. Purée the avocado in a blender until very smooth.
2. Add harissa paste, lime juice, blend until combined and then season with salt and pepper.
3. Soak gelatine leaves in cold water until softened; drain out water and then gently warm gelatine leaves until it melt.
4. Whisk meted gelatine through avocado mixture, the carefully fold through whipped cream.
5. Refrigerate until set.

Method for crispy skin salmon

1. Rub salmon fillets with olive oil and season with salt and pepper.
2. Heat a pan to medium heat with a little olive oil.
3. Place salmon in pan skin side down, turn heat down to low, and cook for approximately 5 minutes.
4. Flip salmon over, turn heat up to medium and cook for another 2 minutes.

Method for tomato salsa

1. Combine tomato, capsicum, lime rind and juice, chilli, chopped coriander and onion in a small bowl. Season.

Serves 6