

# Pan-fried salmon fillet with pickled cucumber dressing & mustard-dill sauce

Prepared by  
Michelin Star chef **MARC FOSH**

## SERVES 2

**2 salmon fillets** (180-200g each)

**1 tbsp olive oil**

**20g butter**

**½ lemon**, juiced

To make pickled cucumber dressing:

**½ cucumber**, peeled & diced

**½ red onion**, finely chopped

**3 tbsp olive oil**

**2 tbsp sherry vinegar**

To make grain mustard & dill sauce:

**2 tbsp grain mustard**

**2 shallots**, finely chopped

**200ml white wine**

**200ml fish stock**

**300ml cream**

**150g butter**

**2 tbsp fresh dill**, chopped

**½ lemon**, juiced

1. Place the diced cucumber and red onion in a bowl and add the sherry vinegar. Stir in the olive oil and season to taste.

3. Place the grain mustard, white wine, chopped shallots and fish stock into a small saucepan.

4. Put it on a high heat and bring up to a simmer. Cook for around 2 minutes until the mixture has reduced by half.

5. Then, over a gentle heat, whisk in the cream and leave it to reduce by half. Once reduced, whisk in the butter a little at a time until it's all been incorporated.

7. Season with lemon juice and add salt and pepper to taste.

8. Just before you are ready to serve, stir the fresh dill into the sauce.

9. Generously season the salmon fillets with salt and pepper.

10. Heat a little olive oil in a heavy-bottomed frying pan; season the salmon fillets with salt and pepper. When the oil is hot, add the fillets, skin side down and cook for 1-2 minutes until the skin becomes crisp and golden.

11. Turn the fillets over and cook for a further minute. Add the butter and lemon juice then baste the salmon fillets with the foaming butter.

12. Remove the fillets and place them in a hot oven(180c) to finish cooking. (About 1-2 minutes)

13. To serve, pour a large spoonful of sauce in the middle of 2 plates or bowls. Place the salmon fillets on top. Finish with a large spoonful of pickled cucumber dressing over the fish and serve immediately.

Visit [worldofcruising.tv/hurtigruten](http://worldofcruising.tv/hurtigruten) to learn more about Hurtigruten.

Share your dish and [#WorldofCruisingTV](https://twitter.com/WorldofCruisingTV)