

张添来师傅喜爱用营养丰富的三文鱼柳或鳕鱼柳来烹调健康菜，因为鱼柳鲜嫩又不用担心鱼骨，一家大小都可以享用。

红葡萄柚纤维含量高，可是热量低，是众所周知的健康水果；三文鱼更是全球三大健康天然食品之首，而且具有独特的食疗作用，如提高大脑的功能、减低血液中胆固醇浓度等等。两种食品互相配在一块简直是绝配。

Chef Eric 制作的三文鱼伴葡萄柚，色彩夺目，口味独特，适合男女老少。



三文鱼伴葡萄柚

4人份

用料

三文鱼柳4片(150克, 去皮)、面粉适量、人造奶油150克(融化)、鱼汤50毫升、胡椒粒12粒(拍碎)、小葱头10克(切碎)、葡萄干50克、葡萄柚汁50毫升、鲜奶油25毫升、嫩芦笋16条(余烫)、菜汤50毫升、葡萄柚12瓣

马铃薯蔬菜汤

蔬菜汤1公升、马铃薯400克(去皮切片)

调味料

盐适量、胡椒粉适量

装饰料

莳萝或细叶芹1棵、酸柑皮屑少许

做法

1. 先把少许面粉和25克人造奶油涂抹在三文鱼柳上。接着加入盐和胡椒粉调味。
2. 烧热清油。用中火香煎三文鱼柳约2分钟。翻面后再涂抹些许人造奶油，再香煎2分钟后待用。
3. 取出平底锅，把鱼汤、胡椒粒、小葱头、葡萄干和红葡萄柚汁放入锅中煮至滚，至汤料减少一半。接着加入鲜奶油，继续煮滚至汤减少一半。加入盐和胡椒粉调味后待用。
4. 把嫩芦笋放入菜汤中余烫一会儿。加入剩余的人造奶油，加入盐和胡椒粉调味后待用。
5. 用中火烤红葡萄柚瓣约30秒。
6. 准备马铃薯蔬菜汤：烧热蔬菜汤，加入马铃薯煮熟至熟，接着用盐调味即可。
7. 摆盘时，先把马铃薯放入盘中，接着放上三文鱼柳、红葡萄柚瓣和嫩芦笋。淋上马铃薯蔬菜汤，缀以莳萝或细叶芹，撒上酸柑皮屑即可。



Salmon with Warm Pink Grapefruit

serves 4

Ingredients

4 salmon fillets (150g each, skinned), some flour, 150g margarine (melted), 50ml fish stock, 12 peppercorns (crushed), 10g shallots (chopped), 50g golden sultanas, 50ml pink grapefruit juice, 25ml fresh cream, 16 green asparagus tips (blanched), 50ml vegetable stock, 12 segments pink grapefruit

Potato Vegetable Stock

1 litre vegetable stock, 400g potatoes (peel and slice)

Seasoning

some salt, some pepper

Garnishing

1 sprig fresh herb (dill or chervil), some green lime zest

Method

1. Coat salmon fillets with flour and 25g melted margarine. Season with salt and pepper.
2. Heat up oil. Pan-fry fillets over medium heat for 2 mins. Turn over and brush with some margarine. Pan-fry for another 2 mins. Set aside.
3. In a saucepan, add fish stock, peppercorns, shallots, golden sultanas and pink grapefruit juice. Bring to a boil and cook until it is reduced by half. Add fresh cream. Stir until it is reduced by half. Season with salt and pepper and set aside.
4. Blanch asparagus in vegetable stock for a while. Add remaining margarine and season with salt and pepper.
5. Grill pink grapefruit segments over medium heat for 30 seconds.
6. Prepare Potato Vegetable Stock: Heat up vegetable stock. Add potatoes and boil until cooked. Season with salt to taste.
7. To plate, arrange salmon on top of potatoes. Place grapefruit segments and asparagus on plate. Drizzle Potato Vegetable Stock. Garnish with fresh herbs and sprinkle with fresh lime zest.