

Dill and Cucumber Sauce

Odd though this may sound, I find salmon a little dull. Maybe this is because of the amount farmed and that it has become one of the cheapest fish on the market. The wild stuff is good, the organic farmed stuff is OK but the regular farmed stuff is usually a flabby disappointment. Generally, salmon needs livening up, giving some interest, and here is a sauce that I think would do just that.

I intend to try it with simply steamed salmon. (Now how boring would that be on its own?)

Planning

| | |
|---------------|---------|
| serves: | 4 |
| prep time: | 10 mins |
| cooking time: | 15 mins |

Ingredients

500g cucumber
2 tbs chopped fresh dill
30g butter
75 ml crème fraîche
1 tbs lemon juice
Salt & pepper

Method

Pare the skin off the cucumber. Cut the cucumber in half lengthwise and scoop out the seeds with a teaspoon. Cut the flesh of the cucumber into 5mm dice.

In a small saucepan with a lid, sweat the cucumber over low heat in the butter for about 10 minutes, covered. Stirring/shake the cucumber occasionally so it does not burn on the bottom of the pan. It should end up cooked but retain a little bite. Stir in the chopped dill, the crème fraîche and most of the lemon juice (retain a little to adjustment down the line, if necessary).

Blitz half the sauce in a liquidizer or blender and mix this with the other, chunky half of the sauce.

Season to taste with salt, pepper and the retained lemon juice if necessary.