

MANUKA SALMON WITH EGGPLANT KASUNDI

Ingredients

4 Salmon Fillets, boneless and skinless	2 tsp mustard seeds	Around 6 medium tomatoes, diced
1/4 cup flour	1 tbsp finely chopped fresh ginger	2 tbsp apple cider vinegar
2 Tbsp olive oil	2 long fresh green chillies, seeded, finely chopped	5 large potatoes, leave the skin on
1/4 cup raw Manuka honey	2 garlic cloves, coarsely chopped	Salt and pepper to taste (or try garlic salt)
2 Tbsp soy sauce	1 tbsp cumin seeds	
1 lemon, cut into wedges	2 tsp paprika	
1/4 cup olive oil	1/2 tsp turmeric powder (or try using a chunk of grated fresh turmeric root)	
1 eggplant (aubergine), cut into rough chunks		
1 onion, coarsely chopped		

Method

1. To make the glaze: Combine 1/4 cup honey and 2 tbsp soy sauce. Stir until well combined and set aside.
2. Season both sides of your boneless, skinless salmon fillets with salt and pepper. Pour 1/4 cup flour into a shallow plate and cover both sides of salmon in flour, shaking off excess flour.
3. Heat a pan over medium heat and add 2 Tbsp light olive oil. Brush the first side of salmon generously with half of the glaze and once oil is hot, add salmon to the pan (glaze-side-down). In the pan, brush the second side generously with remaining glaze. Fry salmon on the first side for 3 minutes, turn and fry second side another 3 minutes. Glaze should be caramelized and salmon should be just cooked through.
4. Heat oil in a large saucepan over high heat until smoking. Cook half the eggplant, stirring, for 5 minutes or until golden.
5. Use a slotted spoon to transfer to a plate. Repeat with remaining eggplant, reheating the pan between batches.
6. Reduce heat to medium. Cook the onion, stirring often, for 3 minutes or until golden. Add mustard seeds and cook, stirring, for 2 minutes or until the seeds start to pop. Add the ginger, chilli and garlic. Cook, stirring, for 1 minute or until soft. Add the cumin, paprika and turmeric and stir to combine.
7. Add the eggplant, tomato, sugar and vinegar and reduce heat to low. Simmer, stirring, for 30 minutes or until the mixture thickens. Season with salt and pepper. Set aside to cool slightly.
8. Cover the oven tray with olive oil – around 1/2 cup. Chop 5x large potatoes into 2cm chunks – or half 10 baby potatoes and pop on oven tray on top of oil. Sprinkle with salt and pepper. Using your hands, toss the potato chunks through the oil and seasoning. Make sure you have a single layer of potato on the tray so you get crispy bits. Bake at 392 °F / 200 °C for 45 minutes or until crunchy and golden.
9. When your salmon, kasundi and crispy potatoes are ready, pop them together on a plate with a couple of lemon or lime wedges and a sprinkle of paprika for enjoying. Light a candle, pour a glass of wine... bon appetite!



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