

MANU'S SALMON AND EGGS IN ASPIC

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Categories: Lunch Recipes

Boiled

Occasions: Lunch

Diets: High protein



Preparation: **105** mins

Serves: **6** people

INGREDIENTS

- 3 small fresh eggs
- 100g smoked salmon
- 50g salmon roe
- 100g whole egg mayonnaise
- 60g crème fraîche
- 6 small sprigs of dill, plus more for garnish if desired

ASPIC

- 10g gold strength gelatin leaves
- 500ml clear chicken stock
- 50ml sherry

METHOD

1. For the aspic, bloom the gelatin sheets in 100ml of cold water for 5 minutes then squeeze out excess liquid.
2. Pour the stock and sherry into a small saucepan and bring to a gentle simmer over a medium heat. Add the bloomed gelatin and stir until dissolved. Remove from heat, taste and season with sea salt and pepper if desired.
3. Using 6 x $\frac{3}{4}$ cup capacity round or oval molds. Pour a small amount of aspic into the molds and refrigerate to set for 10-15 minutes.
4. Place a saucepan of water over a high heat and bring to the boil. Gently add the eggs, ensuring they don't crack, and swirl in the pot until the water comes back to the boil. The swirling will help to set your yolks in the center of the egg if they are a few days old. Cook for 6 minutes, then immediately drain and rinse in cold water until cool. This will stop the eggs from getting a black rim around the yolk and stop the egg yolk from cooking any further. Peel eggs.
5. Cut the eggs in half lengthways and place in the chilled aspic mold, cut side down, pour in a little more aspic to just cover the egg and refrigerate for 15-20 minutes or until set. Divide the salmon between the 6 mold's and arrange over the eggs, add a sprig of dill around the edge of the mold and pour in remaining aspic to fill the mold. Refrigerate until set.
6. To serve, gently un-mold the aspic and place on serving plates. Mix mayo, crème fraîche and season with sea salt and pepper. Spoon into a piping bag. Pipe mayo around the aspic and finish with a teaspoonful of salmon roe on top of the aspic and garnish with fresh herbs.