



Moorddrift
Dairy

SOUP

2 medium onions, chopped
3 T (45 ml) olive oil
1 T (15 ml) butter
2 potatoes, peeled and cut into small cubes
1 x 25 g sachet Ina Paarman's Concentrated Fish Stock
1 cup (250 ml) water
1 cup (250 ml) milk
1 English cucumber
Ina Paarman's Green Onion Seasoning
1 cup (250 ml) liquid from poached salmon - recipe below

SALMON

200 g raw salmon
1 cup (250 ml) boiling water
1 x 25 g sachet Ina Paarman's Concentrated Fish Stock
Sauté the onions in the oil/butter mixture until soft and golden. Add the diced potatoes. Stir-fry until the potatoes are glazed ± 3 minutes. Add the Fish Stock Concentrate, water and milk. Simmer for ± 8 minutes until the potatoes are soft.
Meantime, coarsely grate the cucumber with skin and seeds. Add to the soup and simmer for 8-10 minutes. Don't worry if the soup looks curdled.
Process or blend the soup until it is completely smooth.

Season to taste with Green Onion Seasoning and thin down with reserved salmon stock until the consistency is correct. Chill overnight.
Place the salmon in a small frying pan, skin side down. Combine boiling water and Fish Stock Concentrate and pour over salmon. Bring to a very gentle boil. Cover with a lid. Simmer for only 4 minutes. Switch off the heat. Put the pan on one side and leave to stand (still covered) for 5 minutes. Remove the fish from the stock and add the stock to the soup. Remove the skin and oily grey meat just under the skin. Flake the fish into big flakes. Keep covered. Can be refrigerated if made the day before.

TO SERVE

Fresh basil
1 t (5 ml) Ina Paarman's Chilli & Garlic Seasoning
± ¼ cup (60 ml) Greek Yoghurt
Salmon roe (optional) or Red Lumpfish Caviar

Dish the soup into bowls. Add flakes of fish and garnishes.

F R E S H E R F O R L O N G E R

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