

Jason Pettit – Capital Radio Recipe



Salmon Tikka Masala

Quick and easy to prepare, this fish version of what was once, Britain's favourite curry is sure to satisfy the hungriest of appetites!

Salmon is an excellent source of Omega 3, protein, vitamin B and potassium – all of which are good for our health.

Ingredients

1	lrg	salmon fillet – skin-on	(700 grms approx.)
1	Tbsp	lemon juice	(16 grms approx.)
3	lg	garlic cloves	(peeled & grated)
20	gram	ginger	(peeled & grated)
½	Tsp	turmeric powder	(3 grms approx.)
1	Tsp	salt	(8 grms approx.)
1	Tbsp	spice mix	(14 grms approx.)

Sauce

3	Tbsp	cooking oil	(50 grms approx.)
1	lrg	onion	(peeled & diced)
4	lg	garlic cloves	(peeled & diced)
25	gram	ginger	(peeled & diced)
3	Tbsp	tomato puree	(60 grms approx.)
1	Tbsp	spice mix	(14 grms approx.)
1	Tsp	sugar	(5 grms approx.)
400	ml	water	
3	Tbsp	yoghurt	(60 grms approx.)

Spice Mix

2	Tbsp	cumin powder	(30 grms approx.)
2	Tbsp	ground coriander	(30 grms approx.)
2	Tbsp	Kashmiri chili powder	(30 grms approx.)
1	Tsp	turmeric powder	(6 grms approx.)
1	Tsp	ground cinnamon	(6 grms approx.)
1	Tsp	ground fenugreek	(6 grms approx.)
1	pinch	ground cloves	(1 gm approx.)

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Method

Mix the spices together until combined into a rich ochre colour.
Store extra spice mix in an air-tight container in the cupboard.

Cut the salmon into 8 equal pieces and place into a zip lock bag.
Mix the marinade ingredients in a bowl to a paste and then add to the zip log bag. Gently massage the bag to coat the salmon in the marinade evenly – set aside.

Blend the chopped onion until very fine / smooth then tip out into a bowl.
Blend the chopped garlic and ginger to a smooth paste / puree (add a little onion if needed).

Pre-heat a large pan / skillet over a medium heat.
Arrange the salmon in the pan ensuring there is space between each piece of salmon.
Cook for 2 minutes before carefully turning each piece and cook for a further minute.

Increase the heat to high and once the surface starts to char, turn the heat off and turn each piece and allow to char.

Remove the salmon pieces and keep warm on the side.

Return the pan to a medium - high heat and add the oil.
Add the blended onion and sauté until aromatic and softened.
Add the blended garlic and ginger and sauté until fragrant.
Add the spice mix and sauté for a minute and then add the tomato puree.
Sauté for a minute and then add the water. Bring to the boil for 1 minute.
Reduce the heat to a simmer and add the salmon pieces.

Cook for 2 minutes and then turn off the heat and remove the salmon.
whisk in the yoghurt then pour the sauce over the salmon.

Serve with your choice of Basmati rice and / or Indian breads and fresh coriander leaf.

Notes from the chef:

You can use other fish such as tilapia, sea bass, sea bream or cod (cut thinner)

You can make the sauce in advance but de-glaze the pan with a little water before adding the sauce.

DO NOT place the salmon into a very hot pan or the fish will dry and become chewy – a gentle sear is required to start.

The spice level can be adjusted by reducing the chili powder or changing for paprika.

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Notes from the chef for a Vegan Version;

Option 1

Replace the salmon with cauliflower florets / wedges.

Add canned chickpeas and frozen peas.

Grill under a medium-high heat turning frequently until almost cooked and then add to the sauce to finish cooking.

Replace the yoghurt with vegan yoghurt or coconut cream.

Option 2

Replace the salmon with seasonal vegetables cut into bite size chunks.

Sauté the vegetables in oil over a medium-high heat at the beginning before making the sauce and then adding the vegetables until cooked.

Add the marinade ingredients to the sauce ingredients but add the lemon juice as the end once the sauce is cooked.

Replace the yoghurt with vegan yoghurt or coconut cream.

Option 3

Replace the salmon with firm tofu.

Add frozen vegetables to the sauce and then the tofu.

Replace the yoghurt with vegan yoghurt or coconut cream.

Tbsp - tablespoon

Tsp – teaspoon