



Yu Sheng with Fresh Salmon

Overview

Difficulty: Easy

Servings: 6

Preparation Time: 60 mins

Cooking Time: 15 mins

Ingredients

100ml Water

1 Red Chilli

2 Limes

2 Medium Sized Carrots

2 Medium Sized Green Radishes

2 Medium Sized White Radish

25g Old Ginger

30g Candied Winter Melon (Sliced)

50g Pomelo Flesh

100g Baby Spinach

100g Purple Cabbage

150g Cashew Nuts

600g Raw Salmon (Sliced)

1 Tablespoon Sesame Seeds

3 Tablespoons Oil

3 Tablespoons Sesame Oil

4 Tablespoons Sour Plum Sauce

A Pinch Five Spice Powder

A Pinch White Pepper

Methods

Step 1

Preheat oven to 190°C using '4D Hot Air' Mode.



Step 2

Place sesame seeds and cashew nuts on a baking tray lined with baking paper, and roast for about 12 minutes until brown.



Step 3

Using a MultiTalent Food Processor with mini chopper attachment, blend baby spinach with water to form a puree. Strain the spinach puree to extract juice.



Step 4

Using the Food Processor with grating disc, grate the old ginger. Soak the grated old ginger in spinach juice until it turns a good green colour then strain for use.



Step 5

In a clean Food Processor jug with vegetable disc, slice purple cabbage and set aside.



Step 6

Peel the carrots, green radishes, and white radishes, and shred them separately length-wise with a mandoline.

Tip: Keep the shredded vegetables crunchy by squeezing the moisture out using paper towels.





Step 7

Emulsify the sour plum sauce and sesame oil using the Food Processor with mini chopper attachment.



Step 8

Peel off the skin of a pomelo, and leave only the flesh in chunks.



Step 9

Slice the red chilli for garnish, and the raw salmon to your preferred thickness.



Step 10

Plate the vegetables – purple cabbage, green radish, carrots, white radish.



Step 11

Place the pomelo flesh around the sides, then add the sliced chili, candied winter melon slices, the sliced salmon in the middle, and top with the coloured ginger slices.



Step 12

Serve and add on roasted cashew nuts, roasted sesame seeds, oil, sour plum sauce, lime and toss to a prosperous new year!

