



Recipe from BigFish Brand™ Salmon on toast with poached egg and asparagus

A simple but sophisticated dish which combines top quality ingredients. Easy to whizz up in just a few minutes for a late supper, a healthy breakfast or maybe a weekend brunch.

Preparation time: 10 minutes

Cooking time: 10-15 minutes

Serves two

Ingredients

- 2 BigFish Brand™ plain or organic salmon fillets
 - 1 bunch asparagus, trimmed
 - 2 thick slices toasted sourdough bread, freshly cut
 - 2 free range eggs
- For the hollandaise sauce:*
- 150g unsalted butter
 - 2 egg yolks
 - 1 dessertspoon of white wine vinegar
 - 1 lemon, juiced



Method

1. Prepare the salmon: remove the fillets from the outer bag and then (whilst frozen and still in individual pouches), place the fillets in a pan and cover with cold water. Bring to the boil and simmer gently for 15 minutes (ten minutes if the salmon is defrosted). One cooked, take the salmon fillets out of the pouches and put on a plate whilst you put the dish together.
2. Whilst the salmon is cooking, make the hollandaise. Put a heatproof glass bowl over a saucepan which you have half-filled with water and brought to a gentle simmer on a low heat. Now melt the butter in a separate small pan and then remove from the heat.
3. Put the separated egg yolks in the bowl over the warm water and start to whisk, gradually adding white wine vinegar as you do so. Continue to whisk as you then add the melted butter. The mixture will combine to form a deliciously smooth, thick sauce. Add a few squeezes of lemon juice if the sauce seems too thick. Lightly season with a little salt freshly ground black pepper.
4. Poach the eggs by filling a pan with boiling water from the kettle and bring to a gentle simmer over a medium heat, adding a pinch of sea salt. Crack the eggs individually into cups, and then stir the water to get it moving before adding the eggs, one at a time. Leave to cook – 2 minutes for a soft egg, 4 minutes for a firmer one. Remove from the pan with a slotted spoon to drain.
5. Then put eight spears of asparagus into the pan of boiling water and cook for 1 - 1½ minutes until just tender. Put the toast on to cook in the meantime.
6. To put the dish together, butter the toast and top with asparagus, then the poached egg, a spoonful or two of hollandaise and finally the poached salmon fillet. Season with a sprinkling of sea salt and cracked black pepper and eat immediately!