

Salmon Starter with Green Mayonnaise

From Barbara Cartland's *The Romance of Food*.

Ingredients

For the salmon

600 ml/1 pt	water
1 small	onion, <i>chopped</i>
1 stick	celery, <i>chopped</i>
	bay leaf
	juice of 1 lemon
	salt and pepper
225 g/8 oz	piece of fresh salmon
	asparagus tips and cucumber diamonds for garnish

Green mayonnaise

1 tbsp	parsley, <i>chopped</i>
1 bunch	watercress, leaves only, <i>blanched and sieved</i>
1 tbsp	tarragon, <i>chopped</i>
150 ml/¼ pt	mayonnaise
	salt and pepper

Method

Place the water, onion, celery, bay leaf and lemon juice in a wide saucepan. Season with salt and pepper and bring to the boil, then lower the heat and simmer gently for 15 minutes. Carefully lower the piece of salmon into the liquid, cover the pan and poach the salmon for 10–15 minutes until cooked. Allow the salmon to cool in the poaching liquid. Just before serving, remove the piece of salmon and divide it into 4 portions.

To make the green mayonnaise, stir the fresh herbs and watercress purée into the mayonnaise and season to taste. Spoon a little over each portion of salmon and serve, garnished with asparagus tips and cucumber diamonds. *Serves 4.*