



toughened non-stick

Seared Teriyaki Salmon

Toughened Non-stick 30cm Shallow Casserole



Seared Teriyaki Salmon

with stir-fried vegetables and noodles

Serves 4

Seared marinated salmon broken into chunks and served on a bed of vegetables and noodles. A tasty recipe that fuses flavours of the east and west. The recipe is quick to prepare and cook and can be served straight from the casserole at the table.

Ingredients

Teriyaki Salmon

500g salmon fillet, skinned and boned
2 tablespoons teriyaki sauce
1 tablespoon vegetable oil

Vegetable and noodle stir fry

2 tablespoons vegetable oil
1 tablespoon sesame oil
50g root ginger peeled and chopped
3 garlic cloves, finely chopped
1 large red onion, finely sliced
1 red capsicum finely sliced
100g sliced chestnut mushrooms
200g finely shredded baby spring greens – blanched
400g fresh egg noodles
¼ teaspoon dried chilli flakes (optional)
2 tablespoons Japanese soy sauce
1 tablespoon toasted sesame seeds

Topping

6 spring onions

Method

Curled spring onion topping

1. Cut the spring onions lengthways and repeat until you have fine ribbons.
2. Place shredded onions into a bowl of cold water and place in fridge for 1 hour.

Teriyaki salmon

1. Cut the salmon fillet into four pieces place into a dish and coat with the teriyaki sauce on both sides.
2. Cover with cling film and place in the fridge to marinate for 30 minutes.
3. Drain any excess teriyaki sauce from the salmon.
4. Heat the vegetable oil in the pan on the hob over a medium heat and sear the salmon on both sides for about 4 minutes until crisp and well coloured outside but still pink in the middle.
5. Place the fish into a dish and keep warm. Do not cover or the steam will make the outside of the fish lose its crispness.
6. Wash out the casserole.

Vegetable and noodle stir fry

1. Add the vegetable and sesame oils together to the pan. Place on the hob over a medium heat.
2. Add the onion, chopped ginger and garlic and stir-fry for 3-4 minutes.
3. Add the capsicums and mushrooms, continue to cook for a couple of minutes more.
4. Stir in the blanched shredded greens, cooked noodles, chilli flakes, soy sauce and toasted sesame seeds, continue to stir-fry until heated through.

To serve

1. Break up the warm seared salmon into large chunks and place on the top of the vegetables and noodles.
2. Drain the spring onions and dry on some kitchen paper, and arrange on top of the salmon and serve.



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Cod and Spinach Pilaff

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Cod and Spinach Pilaff

Serves 4

A rice based dish of golden smoked fish, fresh spinach, onions and cream cheese cooked with white wine and fish stock. The recipe is finished with poached eggs on top and decorated with chives. Perfect for a relaxed dinner party or family meal.

Ingredients

2 tablespoons vinegar
1½ litres water
4 large eggs
500g smoked haddock or cod, skinned and boned
300ml milk
1 bay leaf
50g butter
1 red onion finely chopped
300g long grain rice
100g cream cheese
200ml hot fish stock
100ml white wine
Pinch of dried chilli flakes (optional)
200g baby leaf spinach

To finish

Small handful fresh chives
½ teaspoon black pepper
1 lemon cut into 4 wedges

Method

To poach the eggs

1. Place the water and vinegar in the pan and, with the lid on, bring to a simmer on the hob over a medium heat.
2. Have ready a bowl of cold water. Poach the eggs in the simmering water until set but not hard, this will take about 3 minutes. Remove the eggs one at a time with a slotted spoon and place into the cold water. (See Cook's note 1).
3. Empty and wipe out the casserole.

To cook the fish

1. Place the fish flat in the pan, pour over the milk, add the bay leaf and put on the lid.
2. Heat the pan on the hob over a medium heat. Once the contents begin to simmer turn down the heat and continue cooking for 5 minutes.
3. Strain the cooking liquid and retain. Place the fish in a bowl ready to add later, and wash the pan.

To prepare the rice

1. Melt the butter in the pan over a medium heat and add the chopped onions. Cook until transparent but not brown, then stir in the rice.
2. Add the retained cooking stock, cream cheese and stir well.
3. Add the white wine, chicken stock and optional chilli flakes. Once the contents begin to simmer put on the lid and turn down the heat.
4. Cook for 8-10 minutes until al dente. (See Cook's note 2).
5. Remove the lid and stir in the spinach and the cooked smoked fish, replace the lid and continue cooking for 3-4 minutes.
6. Meanwhile reheat the eggs by transferring to a bowl of boiling water and allowing to stand for a couple of minutes.

To finish

1. Remove the lid and place the reheated eggs in a pile on top of the rice and fish
2. Decorate with chives and black pepper, add the lemon wedges and serve with warm crusty bread.

Cook's note

1. The cold water will stop the cooking process allowing you to prepare the eggs in advance.
2. Al dente is when the rice is firm retaining some bite and not soft. Not all varieties of long grain rice will cook at the same speed so use the recommended cooking times on the pack as a guide.



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Thai King Prawn Curry

Toughened Non-stick 28cm Deep Frying Pan



Thai King Prawn Curry

Serves 4

This delicious Thai King Prawn Curry can be made in less than half an hour and in one dish – perfect for when you get home from work. You can serve it over noodles or boiled rice.

Ingredients

½ tablespoon vegetable oil
½ tablespoon sesame oil
2 garlic gloves –chopped
3 cm piece root ginger- peeled and chopped
1 stick of lemon grass chopped
1 heaped tablespoon red Thai curry paste
400g can of full cream coconut milk
2 cardamoms pods-crushed
1 stick of cinnamon
1 tablespoon Thai fish sauce
4 lime leaves
½ a lime - juiced
400g raw king prawns-shelled and deveined
2 small pak choi cut in ½

Method

1. Heat the oils over a medium heat in the pan and gently fry the garlic, ginger and lemon grass together for a couple of minutes.
2. Add the Thai curry paste, coconut milk, cardamom pods, cinnamon stick, fish sauce and lime leaves, bring to a gentle simmer and cook for 15minutes.
3. Stir in the lime juice, prawns and the pak choi. Place on the lid and cook for 5 minutes until the prawns are pink
4. To finish add the fresh coconut, chopped chilli, lime quarters and basil leaves

Serve with noodles or boiled rice.

To Serve

Slices of fresh coconut
1 chopped red chilli
1 lime quartered
Fresh basil leaves

To finish

20g butter
Basil leaves



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