



Salmon and Rice Salad

Flaked salmon set in creamy rice. Flavoured with chives and celery seeds.

Serves : 4 - 6
Preparation Time : 10 minutes

Ingredients

6 oz / 175 g cooked rice (brown or white)
8 oz / 225 g tomatoes
8 oz / 225g poached salmon (tinned could be substituted)
6 tbsp whipped cream
6 tbsp mayonnaise
grated lemon rind
salt and pepper seasoning

Herbs & Spices

4 tsp Chives
1 tsp Celery Seed

Cooking Instructions

Plunge the tomatoes in boiling water for 1 minute, remove, cool and skin. Cut in half, remove seeds then chop roughly. Put in a large bowl with the rice. Flake the salmon (if using tinned, drain well) and add to the rice along with the chives. Fold the whipped cream into the mayonnaise, add the celery seeds, lemon rind and seasoning. Fold into the rice mixture.

Serve like this, or press the lot into a suitable mould. A ring mould is traditional, but a sturdy bowl would do. Leave to chill and 'set', then turn out onto a plate. Garnish with crisp lettuce.