



Smoked Eel Salad

Med 45 Mins Serves 4



4 Manuka Smoked Eel Fillets
2 Bunches Baby Romaine Lettuce
1 cup New Potatoes
4 Radishes
½ Granny Smith Apple
3 Tbsp Fennel Tops
½ cup Croutons
¼ cup Pickled Red Onion
Mustard Seed Dressing
Fresh Dill, Chervil or
Fennel Tops to garnish

3 Tbsp Wholegrain Mustard
1 Tbsp Dijon Mustard
2 Tbsp White Wine Vinegar
1 Garlic Clove - minced
1 Tbsp Honey
1 cup Olive Oil
Ground Black Pepper
Salt

1 Red Onion
½ cup White Wine Vinegar
½ cup Brown Sugar
½ cup Water
Pinch of Salt
1 Bay Leaf
½ tsp Black Peppercorns

6 Radishes
½ cup White Wine Vinegar
½ cup Brown Sugar
½ cup Water
Pinch of Salt
1 Bay Leaf
½ tsp Black Peppercorns

Salad

1. Clean the eel by removing the skin, scales and bones. Use the back of a paring knife to scrape off any excessive layers of fat.
2. Break the cleaned eel fillets up into pieces approximately the size of a \$2 coin. Put it all in a large mixing bowl and add the cooked, small diced potatoes, finely chopped fennel tops, Baby Romaine leaves and peeled, small diced apples. Drizzle approximately 3 Tablespoons of Mustard Seed Dressing on the mix and combine.
3. Arrange salad in a bowl, top with croutons, pickled red onions and fresh herbs. Store bought croutons are fine, homemade ones using old rewena bread are better.

Mustard Seed Dressing

Dressings are one of things that are always open to interpretation, personally I like my dressings to be on the acidic side. Use this as a base but feel free to adjust according to personal taste.

1. Combine all ingredients in a mixing bowl except the olive oil, black pepper and salt. Whisk together.
2. Add the olive oil to the mix by drizzling in slowly.
3. Season with ground black pepper and salt to taste.

Pickled Red Onions

1. Place the vinegar, sugar, water, bay leaf, salt and black peppercorns in saucepan on the stovetop. Bring ingredients up to a boil.
2. Once at a boil, pour the hot liquid over the peeled, thinly sliced onion. Cover with a lid or plastic wrap and cool in the refrigerator. Serve chilled.

Pickled Radishes

1. Place the vinegar, sugar, water, bay leaf, salt and black peppercorns in saucepan on the stovetop. Bring ingredients up to a boil.
2. Once at a boil, pour the hot liquid over the radishes. Cover with a lid or plastic wrap and cool in the refrigerator. Serve chilled.