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Seasonal cook



Top of the pops

The taste and texture of salmon roe deliver a delightful mouthful, writes STEVE MANFREDI.

y daughter has always loved eggs, from the gooey hen's eggs she dips from the roast "soldiers" into, to the somewhat smaller raw salmon eggs she has been known to eat with a teaspoon straight from the iar.

She developed a liking for salmon eggs—also called roe—when she was eight. I used to keep a small jar for her in the fridge as an after-school snack. It was the salty, fishy taste and the way the pearls popped in the mouth that made them so appealing to her. And it kept her away from the aftermoon sugar hit.

Before this column starts to resemble a parenting blog, I should add some context. My daughter's fish-egg habit coincided with the start of their production in Tasmania, albeit in small quantities, principally for the restaurant market. She was a restaurant kid and she ate a lot of things her friends considered weird.

Back then, salmon roe was a byproduct of the whole fish, as it remains in large part today. This means the eggs are removed as the fish are killed.

The alternative is "hand milking", where the salmon are anaesthetised by being placed in water laced with clove oil. As the sedated salmon are lifted from the bath, the eggs flow out, aided by gentle massaging. Once "milked", the fish recover in tanks before being placed back in their ponds, ready for next time.

smanfredi@smh.com.au twitter.com/manfredistefano

POACHED SALMON WITH AUTUMN VEGETABLES AND SALMON ROE

Ensure the salmon pieces are cut from the centre of the fish and are all the same thickness. This is important so all portions cook equally. Ocean trout and roe can be used instead of salmon.

4 pieces salmon, 160g each 8 baby carrots 1 small fennel bulb, trimmed and siliced into 8 wedges 4 spring onlons, trimmed 2 radishes, each cut into 4 4 baby turnips, each halved Salt and pepper 11. fish stock 4 tbsp extra virgin olive oil 2 tbsp finely chopped parsley 8 tsp salmon roe

Remove skin from salmon pieces and ensure all bones are removed. Set aside. Place vegetables in a pot of salted water and bring to the boil. Reduce heat to a simmer and keep cooking until vegetables are tender, so a knife can pierce the flesh easily. Drain. season with salt and pepper, mix and keep warm. Place fish stock in a saucepan that is wide enough to contain salmon without pieces touching each other. Bring to the boil and gently place in fish pieces. Return to the boil, reduce heat to a simmer and continue simmering gently for two minutes. Remove fish, drain and place each piece on a serving plate. Arrange cooked vegetables evenly across the plate. Mix oil with parsley and dress each fish. Top

Serves 4 as a main course
Wine Semillon-sauvignon blanc blend

SCRAMBLED EGGS WITH SALMON ROE

8 eggs 2 tbsp fresh cream Salt and pepper 50g unsalted butter 4 slices country bread 4 tbsp salmon roe 1 tbsp fleely chopped chives

Crack eggs in a bowl. Add cream, a little salt and pepper and beat with a fork. Place butter in a non-stick saucepan on low heat. When melted, add eggs and keep stirring as they cook slowly. They'll eventually change from being liquid and runny to firm and creamy. Grill bread and place on four plates. Spoon scrambled eggs on top. Finish with salmon roe, sprinkled with finely chopped chives.

Serves 4 for breakfast Wine Champagne

Full bottle

QUAFFING

DAL ZOTTO L'IMMIGRANTE PROSECCO 2010, \$27

Prosecco makes a great spritzer when mixed with Aperol but Dal Zotto's vintage is best on its own. Dal Zotto was the first to plant prosecco in Australia. While it also produces a cheery nonvintage called Pucino, the Vintage l'Immigrante is more finely tuned. This is super fresh and bright. It's dry, with plenty of fizz on entry, then builds with some creaminess mid-palate and an intriguing complex iodine character, but also plenty of

TRYING

MAYFORD TEMPRANILLO 2010, \$40

zesty citrus and crunchy

apple flavours. Lovely stuff.



cellaring

FRANKLAND ESTATE SMITH CULLAM RIESLING 2011 S45

Dry riesling goes well with roast pork but those with some residual sugar, as in a German kabinett style, are so much better, Frankland Estate's Smith Cullam is a beautiful drink; a perfect balance of sweetness and acidity, It's quite savoury, though there are some citrus notes, too, as well as chalky, talcy and wetpebble complexity, followed by a persistent long finish. An extraordinary wine with at least another decade ahead of it.

Jane Faulkner

