

STARTERS

THE THREE BEARS

Celebrity chef **John Benson-Smith** presents one of his favourite recipes
THE THREE BEARS (so called because of the Mummy, Daddy & Baby flavours).

Hot smoked salmon plonked onto sweet and sour red onions with
blobs of yogurt and chive sauce.

INGREDIENTS

Serves 4

300ml red wine vinegar
125g caster sugar
3 red onions, thinly sliced
4 x 80-100g smoked salmon
fillet portions (skin, bones &
brown bits removed)
A little olive oil

Dressing:

175ml natural yogurt
1 tbs olive oil
1 tbs chopped fresh chives
Salt & pepper

Garnish:

A selection of soft herbs
e.g. flat leaf parsley,
coriander, chives etc
(drizzled with olive oil)



Having held the title Northern Chef of the Year and former regular judge on BBC TV's Masterchef, John Benson-Smith was one of Lloyd Grossman's UK leading chefs involved in the on-going fight to improve food in the NHS.

John has acted as chef consultant to many major food manufacturers and producers. He has successfully endorsed and promoted a range of products that are appropriate to his lifestyle and his expertise; his inexhaustible energy and genuine love of the hospitality industry make him a valuable asset to many companies.

He regularly makes appearances in the media, writing for various newspapers and magazines. John is a much sought after cookery demonstrator and is a Master Chef of Great Britain. John was instrumental in putting Manchester on the important food map and as his efforts were recognised he achieved high accolades.

He appears at events such as the BBC's Good Food Show and lives in Jersey with his talented and creative wife Alison who is highly involved in his many pursuits.



1 Place the red wine vinegar and sugar together in a pan. Bring to the boil, then add the onions and leave them for a moment or two until they become translucent. Drain into a sieve and discard the liquid. Leave to cool.

2 Combine all the dressing ingredients and put to one side.

3 Rub the salmon with a little olive oil and then sear in a very hot pan for about a minute on each side.

To Serve:

Zig zag the dressing onto large plates. Place a good

spoonful of the onions in the centre of the plate and top with the hot salmon. Garnish with a few herbs.

Note:

The onions and dressing can be prepared in advance, leaving the salmon to be seared just before serving.

This is quite a grown up dish when put together, but again the components are usually popular with children, yogurt, sweet red onions and salmon.

John Benson-Smith