

## Salmon and Saffron Rice

### Ingredients:

- 8 oz (250g) Basmati Rice
- 2 generous pinches of Saffron strands
- half pt (300ml) Dry white wine
- 2 oz (50g) Butter
- 1lb (500g) piece of Salmon fillet skinned
- Bunch of fresh chives chopped
- Handful of fresh dill, chopped
- Handful of flat leaf parsley chopped
- Sea salt (or your own choice)
- 1 - 6 pinches of chilli powder according to taste

### Method:

Rinse the rice thoroughly with running water. Put the saffron threads in a bowl together with a sprinkling of salt and the chilli powder. Put the wine in a pan and bring to boiling point then pour over the saffron mixture. Leave to stand for 15 minutes, stirring occasionally.

Then, put half the butter in a pan and melt over a medium heat. Stir the rice into the butter. Add the wine and Saffron mixture. Bring to bubbling, cover and turn the heat as low as possible. Cook the rice until it is tender but still has a slight 'bite' to it (approx. 10 minutes)

While the rice is cooking cook the salmon by poaching it in a pan of water with the rest of the butter (about quarter pt of water or use wine or half water half wine if you prefer), this should take the same length of time as cooking the rice but if the rice is ready before the fish turn off the heat and put a cloth between the lid and the pan. Cook the salmon until it still grades slightly to a darker pink in the middle, drain and then flake in a serving bowl. When the rice is ready drain and add to the salmon along with the remaining ingredients, stir gently until well incorporated.

Serve with salad.