



Grilled Salmon Cutlets

Ingredients

4 x 250gr salmon cutlets
2 tablespoons olive oil
1 tablespoon lime juice
1 tablespoon thyme
olive oil, extra, for brushing
1 tablespoon small mint leaves
lime wedges, to serve

Dressing

2.5 tablespoons extra virgin olive oil
1.5 tablespoon lime juice, extra
1 clove garlic, crushed
sea salt and cracked black pepper

Method

Combine the oil, lime juice and thyme in a non-metallic dish. Add the salmon, turning to coat well. Cover and place in the fridge for 10 minutes.

To make the dressing, combine the oil, lime juice, garlic and sea salt, salt and pepper.

Heat the Silex grill to 240° and grease both side of plates. Brush the salmon with the extra oil. Place the cutlets in the Silex, close the top lid and cook for 3 minutes or until cooked to your liking.

Serve the salmon cutlets with lime wedges and a crisp green salad. Serves 4.



Garlic and Rosemary Lamb

Ingredients

- 1 to 1.5 leg of lamb, de-boned
- 4 cloves garlic, crushed
- 1 tablespoon rosemary
- 3 tablespoons fresh lemon juice
- 1 cup (250ml) beef stock
- 1/2 cup (125ml) dry white wine
- kipfler potatoes (or vegetable of your choice)

Method

Preheat Silex to 220°. Place lamb in Silex baking dish. Make a few slits in lamb with the point of a knife. Mix garlic and rosemary together. Press garlic mixture into slits. Brush lemon juice over lamb. Pour stock and wine into base of baking dish. Place baking dish into the Silex and secure in place. Close Silex top lid onto baking dish and roast for 45 minutes or until lamb is tender. If necessary, turn roast once or twice during cooking.

Clean the kipfler potatoes and place them in with the lamb 15 minutes into the cooking process.

Serve lamb with potatoes and pan juices.

Cooking time depends on the size of the roast and preference.

Crème Brulée



Ingredients

8 egg yolks

50g sugar

600ml cream

1 vanilla pod

caster sugar

Method

Mix yolks and sugar together.

Pre-heat Silex to 240°. Place cream and vanilla pod in the Silex baking dish and bring to the boil. Remove the pod and scrap its insides into the cream. Now mix the cream into the yolks and sugar.

Transfer back into the baking dish and cook until the moisture coats the back of the spoon. Be careful not to curdle the mixture.

Divide the mixture into ramekins or moulds. Sit these in the Silex baking dish and add warm water until it comes three-quarters up the sides of the ramekins. Cook in the pre-heated Silex (turn down to 180°) for 6-8 minutes. Remove from the Silex and allow to cool.

Refrigerate until ready.

To finish the brulées, sprinkle them liberally with caster sugar. If you have a blowtorch, use that to brown the sugar. If not, brown the sugar in pre-heated Silex grill, having the ramekins as close as possible to the heat. The top should be hard and when cracked with the spoon will give a wonderful contrast to the creamy bottom.