



ATLANTIC SALMON WITH GARLIC MASH, SPINACH & AVOCADO SALSA

Serves one

INGREDIENTS:

- 200g Atlantic salmon
- 100g potato, peeled and quartered
- 50g butter
- 1 garlic clove, roasted in oven
- 50g spinach
- ½ avocado, diced
- ½ Roma tomato, diced
- ¼ Spanish onion, diced
- Olive oil
- Salt and pepper to taste
- 1 tablespoon lemon juice

METHOD:

- Garlic Mash** – Place potato in a saucepan with water. Season water with salt and cook potato until soft. Drain water and mash potato until smooth. Mix in the butter and the peeled and roasted garlic. Season with salt and pepper.
- Avocado Salsa** – In a bowl combine avocado, tomato, Spanish onion, lemon juice and one tablespoon of olive oil. Mix gently and season with salt and pepper.
- Salmon** – Heat a frying pan on stovetop for 3-4 min without oil. Place salmon on a plate and season with salt, pepper and a sprinkle of olive oil.
- Once the pan is hot, add one tablespoon olive oil and salmon. Seal for three minutes, skin-side down and turn and cook for three minutes. Transfer salmon onto an oven tray and place in a pre-heated oven [180°C] for a further three minutes.
- To Serve** – Fry spinach in pan with oil, salt and pepper until wilted. Re-heat mash and place onto the plate.
- Place the spinach on the mash and arrange the salmon on top, along with one tablespoon of avocado salsa. Serve immediately.

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MECCA EXPECTATIONS

Review by Nathaniel Stockley



KIDS EAT FREE

1 free kids meal with every paying adult*
Valid Mon—Thurs, lunch and dinner
*Terms and conditions apply.
Kids aged up to 12 years of age.

Restaurants include:
Saganaki Greek Cuisine & Grill,
Bellissimo Cucina & Trattoria,
Butchers Grill, Yum Cha Dragon + more
Full details at:
www.docklandsmelbourne.com.au

MAKE MINE MEZE AT MECCA BAH

The Docklands' Mecca Bah occupies an enviable position, literally at the water's edge on the NewQuay Promenade. The restaurant has been cunningly conceived to take advantage of the stunning views through the use of floor to ceiling windows and a clever layout. The Middle Eastern influences in the décor are subtle, although the decorative cushions on my bench seat were certainly appreciated.

The Meze menu is a great way to explore the range of cuisines on offer and makes for a relaxed, casual dining experience. We started with a dish of roasted chickpeas, almonds and pistachies with chermoula spice which was surprisingly scrumptious. The Katali (shredded) pastries filled with Middle Eastern cheeses were the size of golf balls and a tasty treat. Bastilla are a Moroccan version of a chicken pastry, and these were lovely thanks to a light, flaky pastry and a generous amount of filling. Chickpea battered mussels with almond skordalia were simply mouth watering and the Moroccan spiced calamari on rocket with a cannellini bean puree featured the most tender calamari I have eaten in ages.

A beef tagine with Ras El Hanout spices, dates and raisins arrived with beef that had been slow cooked for hours, resulting

in soft, succulent meat you could cut with a fork. An accompanying salad of beetroot, rocket and yoghurt was light, refreshing and delicious. Next up we shared a pide filled with spicy lamb mince, pine nuts, rocket, haloumi and semi dried tomatoes which seemed like a pleasing finale, until I remembered dessert was still to come. A serve of Halva ice cream for me and Fig ice cream for my companion closed off a satisfying night of feasting.

Mecca Bah

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CHEF'S HINTS



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Cooking meat using Chinese techniques:

- Always cut meat into bite-size pieces or strips (1cm x 0.5cm).
- Air dry the meat in the fridge for 2 hours in a perforated container.
- Once air-dried, season the meat with salt, chicken powder and soy sauce. Marinate for two hours to enhance the flavour.
- To tenderize the meat, mix in potato flour, baking soda, oil and water.
- Pre-blanch (start cooking) the meat in warm oil for a few minutes to make it crispy on the outside and soft on the inside.
- Finish off the cooking in a hot wok stirring constantly to ensure even cooking and all the flavours are kept intact.