

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Smoked Salmon Carbonara

quick, easy and utterly delicious!



Ingredients – serves 4 people

½ pkt linguine pasta (250gm approx.)
large pan of boiling water
1 tsp salt
200 gm hot smoked salmon fillet (broken or
chopped into bite size pieces)
1 Tbsp cooking oil
2 lrg garlic cloves (grated finely)

¼ cup vegetable stock
2 lrg eggs
½ cup parmesan cheese (grated finely)
¼ cup whipping cream (approx. 120ml)
grated nutmeg / mace to taste
black pepper to taste
a few basil leaves

Method

Bring the pan of water to a rolling boil then add the salt.
Add the linguine and stir a few times until softened and fully submerged.
Lower the heat slightly to a rolling boil and continue to cook until 'al dente' – with a bite (refer to
packet instructions for advised timings). Stir occasionally whilst cooking.

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Whilst the linguine is cooking, pre-heat a frying pan/ skillet on a high heat then add the oil. Add the garlic and saute or stir until soft and fragrant and the colour has changed to almost clear.

Add the hot smoked salmon and veg stock and cook on high heat until the volume has reduced by at least half.

Whilst this is reducing, whisk eggs and cream together in a bowl.

Once linguine is cooked, drain but reserve ½ cup of the cooking water.

Add the linguine to the skillet and toss together.

Add the egg/cream mixture, half of the saved pasta water and most of the grated parmesan. Lightly season with the nutmeg and black pepper then mix/toss together until a rich sauce forms then turn off the heat.

Taste and add more nutmeg and/or black pepper as desired.

Divide equally between 4 warmed serving bowls and pour any sauce over.

Garnish with basil leaves and the rest of the grated parmesan and serve.

Notes from the chef:

Pasta needs lots of room to move around in to ensure it cooks correctly and does not stick together/clump.

Hot Smoked Salmon has a much milder flavour than traditional cold smoked salmon but either can be used.

The egg/cream mixture may overcook/scramble if left on the heat too long so take care.

Any pasta can be used instead of linguine. Fresh pasta will add even more richness and flavour.

I have kept the recipe simple and clean but it can be adapted by adding asparagus/broccoli spears/garden peas as desired.

Simply wash and prepare your green veg of choice and add to the linguine approx. 2 – 3 minutes before cooking time is finished.

Tbsp - tablespoon

Tsp - teaspoon