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by Liz Robb

Smoked Salmon Salad with Horseradish Cream

Ingredients

4 small to medium fresh beetroot 4 heaped tablespoons of low fat crème fraiche
2 teaspoons of horseradish sauce
Salt
Freshly ground black pepper
2 lemons
A sprig of fresh dill
2 tablespoons of olive oil
1 tablespoon of runny honey
120g smoked salmon
60g baby watercress
Servings
4
Person

Preparation

1. 1. Put the beetroot, still in its skin, in a large saucepan of boiling water and simmer for about 40 minutes, or until the beetroot is really tender. Remove from the pan and allow to cool, then peel the beetroot, rubbing off the skin and cutting off the roots. 2. To make the horseradish cream, spoon the horseradish sauce and the crème fraiche into a small bowl. Season well with salt and pepper. Stir in the finely grated zest of 1 lemon and a squeeze of lemon juice to taste. Snip a little dill finely and stir into the mixture. Leave to chill in the fridge.
2. 3. To make the dressing, combine the olive oil and runny honey with a tablespoon of lemon juice. Mix well and season to taste with salt and pepper. Leave in the fridge to chill.
3. 4. When you are ready to eat, slice each beetroot into thin slices and overlap to form a circle on the plate or shallow dish, leaving a space in the middle for the salmon. Slice the salmon into strips and arrange in the centre of each plate. Wash the watercress, discard any thick stalks and divide between the plates, arranging the sprigs on top of the beetroot and around the salmon.
4. 5. Drizzle a tablespoon of the dressing onto the beetroot and watercress on each plate. Spoon horseradish cream onto the top of the salmon, then top with a little chopped dill. Chop a lemon into wedges for garnish.

Cooks Note

This cool, light salad makes an attractive and delicious starter to a meal, with its contrasting colours and flavours, and can be prepared in advance and quickly assembled from a few simple ingredients.

Serve it just as it is, or accompany with fresh crusty bread or a selection of thin crackers or crispbreads if you’re serving it as a light lunch.

Serves 4.