

**Chocolate seed loaf, orange and dill cured Salmon and pickled radishes**

**By Chef Juan Neethling, Southern Sun The Waterfront**

**Chocolate seed loaf**

Ingredients:

2,5 cups whole wheat flour

8 ml sunflower oil

8 ml salt

6 ml yeast

8 ml honey

1 whole egg

375 ml lukewarm water

10 g sunflower seeds

8 g pumpkin seeds

8 g sesame seeds

10 g cranberries

10 g currents

10 g dried pears

10 g dried apricots

100 g dark chocolate

Method:

1. Place all ingredients in large mixer, slowly start mixing on a low speed, adding water gradually until well combined. If too sticky add some flour.
2. Leave to rise by half, place in well-greased bread tin and bake till golden brown at 180°C for approximately 45 min.

**Orange and fennel cured salmon**

Ingredients:

1 kg Norwegian salmon

1 ripe orange

1 lemon

50 g fennel

100 g Salt

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Method:

1. De-bone the salmon and trim away small bones on the side.
2. Mix salt, sugar and dill and zest of both lemon and orange and juice in blender and blend till well combined.
3. Rub mixture on salmon, covering all surfaces, cover and leave to rest in fridge for 24 hours, skin side up.
4. After 24 hours, take out, rinse and cover flesh side with chopped fennel.

**To plate:**

1. Cut a slice of the chocolate seed loaf, rub lightly with olive oil and toast slightly.
2. Add thinly sliced cured salmon, micro herbs and orange infused cream cheese and sliced pickled cherry radishes.