

Koulibiac

Serves 6

50g/1½oz long

grain rice

3 eggs

50g/1½oz butter

1 large onion, chopped

125g/4½oz chestnut

mushrooms, sliced

15g fresh dill

350g/12oz salmon fillet,

skinned and cubed

grated rind of 1 lemon

cayenne pepper

3 tbsp soured cream

beaten egg, to glaze

salt and freshly ground black pepper

steamed broccoli and

soured cream sauce, to serve

For the dough

3 tbsp milk

1½ tsp easy-blend yeast

275g/9½oz strong white

unbleached flour, plus about 1 tbsp

3 eggs, at room temperature

2 tbsp sugar

¼ tsp salt

175g/6oz melted butter, cooled

1



Make the dough: in a pan, heat the milk to lukewarm, then stir in the yeast. Transfer to a food processor fitted with a dough hook or metal blade and add 75g/2½oz of the flour and one egg. Process for about 30 seconds to combine, then scrape down the sides of the bowl. Sprinkle the remaining flour over the surface, but don't stir it in. Cover with plastic film and let it stand at room temperature for 1½-2 hours until the yeast mixture looks frothy and starts to burst through the flour.

2



Add the sugar, salt and remaining eggs; process for 10 seconds. With the machine running, drizzle the butter through the tube in a slow, steady stream, then process for 20 seconds to make a thick batter. Lightly grease a large bowl, then scrape in the dough and sprinkle the top with one tablespoon of flour to prevent a crust forming. Cover the bowl tightly with plastic film and leave to rise at room temperature for 2-4 hours. The rising time will depend on the warmth of the room.

5



Grease a large baking sheet. On a lightly floured surface, roll out the dough to a 40 x 33cm rectangle, then transfer to the baking sheet. Spread half of the rice in a 23 x 13cm rectangle in the centre. Spoon half of the mushrooms over the rice, then half of the egg, keeping a neat shape. Scatter over some of the dill and season. Arrange the salmon on top, sprinkle with the lemon rind, season generously and add more dill. Sprinkle with a little cayenne and drizzle over the soured cream.

6



Layer with the remaining dill, chopped egg and mushroom mixture, finishing with the rice and salt and pepper, then fold the short sides of the dough over the ends of the filling. Pull one of the long sides over the filling, then bring the other side over to cover the first one. Gently roll the whole thing over to conceal the join. Score the top of the dough in three places to reveal the filling. Brush all over with beaten egg, then leave, uncovered, for 20 minutes. Preheat the oven to 220C/425F/Gas 7.

COOK SCHOOL TIPS

● If you add the butter too quickly in step 2, it will not blend properly, and may stall your food processor. If this happens, don't worry—just let the machine rest for a few minutes, then continue.

● In step 4, the eggs need only be soft boiled as they will finish cooking in the oven.

● The dough will keep for 3 days, wrapped, in the fridge. Or freeze it for up to 1 month and defrost overnight in the fridge.

3



Do not allow the dough to over-rise – it should be light, spongy, and almost tripled in bulk. When risen, chill for 20 minutes without touching the dough. When it is cold, flour your knuckles, then very gently press the dough down in the bowl to deflate it. Do not be hard on it as you want it to keep its lightness. Cover tightly and chill overnight to firm up the dough.

7



Bake the pie for 10 minutes, then lower the temperature to 190C/375F/Gas 5 and bake for a further 5 minutes. Meanwhile, melt the remaining butter. When the dough is set and starting to brown, brush with the melted butter, letting some of it drizzle through the cuts on top (this will keep the filling moist). Return to the oven for a further 15–20 minutes until the dough is cooked and golden.

WINES FOR RICH FISH DISHES

Is a crisp, dry white always the answer? We asked wine consultant Mark Podmore, who says: 'This dish is rich enough for you to serve a fairly full New World unoaked Chardonnay with good acidity. A

more classic choice would be a southern Burgundian white, such as a Rully or Montagny. Or try the variety of the moment, Viognier, or a young red Loire, such as a '96 Chinon, made from the Cabernet Franc grape—ideal if drunk cool.'

4



In a pan of boiling salted water, cook the rice for 10–12 minutes until tender. Drain well and set aside to cool. Put the eggs in a pan of cold water, bring to the boil, then simmer gently for 6 minutes. Cool under running cold water, then shell and roughly chop. Melt 25g/1oz of the butter in a frying pan, then fry the onion for 4–5 minutes until softened and golden. Add the mushrooms and cook for 1 minute only, then remove the pan from the heat and season with salt and pepper.

8



Serve with broccoli and soured cream sauce (after using three tablespoons of soured cream from a 10fl oz carton for the filling, mix the rest with two tablespoons of chopped dill and the grated rind of a small lemon).

Ⓝ Nutrition notes per serving: 713 kcalories, protein 26g, carbohydrate 50g, fat 47g, saturated fat 24g, fibre 2g, added sugar 5g, salt 1.88g

✳ For fan ovens, preheat to 200C and bake for 10 minutes, then lower the temperature to 180C and bake for 5 minutes, then for 15–20 minutes after drizzling with the butter