



RECIPE

Sous Vide Salmon with Watercress & Cucumber

Category Starter
Recipe Details serves 12

Method

- 1 Combine the salt, iced water and the lemon peel strips in a large tub. Add the salmon fillets and leave for 30 minutes.
- 2 Remove the salmon, rinse with cold water and pat dry with paper towel. Keep the lemon peel strips and cut so you have 12 pieces. Vacuum seal each salmon fillet in a vacuum bag, with 2 tsp extra virgin olive oil, 1 sprig of fresh dill and 1 lemon peel piece, using medium pressure.
- 3 Select Steam on the CombiSteam and set the temperature to 55°C. Place the sealed salmon onto trays and add to the oven. Cook for 25 minutes then remove and set aside.*
- 4 Combine the cucumber, radish and shallot in a small bowl. Add the sugar, vinegar and salt and toss to coat. Set aside for 10 minutes. Drain the excess liquid from the salad veggies then drizzle with 1 tsp extra virgin olive oil.
- 5 Combine the creme fraiche with 1 tbs lemon juice and chopped dill.
- 6 Just before serving toss the watercress and chives through the salad veggies to combine and coat in the dressing.
- 7 Remove each salmon fillet from the bag. Spread around 1 tbs of the creme fraiche onto each serving plate. Add the salmon on top and place a pile of the salad onto the top in the middle of the salmon fillet. Serve.

Ingredients

- 12 skinless salmon fillets, approx 120g ea
- ½ cup table salt
- 2 litres iced water
- 2 lemons, peeled in strips and juiced
- ½ bunch dill, 12 sprigs + extra tbs freshly chopped
- extra virgin olive oil
- 3 Lebanese cucumbers, seeded/sliced
- 2 bunches Radishes, washed and sliced
- 1 French shallot, halved and finely sliced
- 2 tsp caster sugar
- 1 tsp salt flakes
- 1 tbs white wine/apple cider vinegar
- 2 bunches watercress or bag baby spinach
- ½ bunch chives, chopped
- 200ml tub creme fraiche

Cooking Instructions – Steam

Notes:

*Salmon can be prepared up to 2 days in advance and served cold or at room temperature if preferred.

*Salmon can be steamed without the brining and vacuum sealing for a simpler option.

*For crispy skin salmon use skin on salmon and prepare to end of Step 3 then remove and pat dry and cook on hot plate or fry pan skin side down until crisp.