



# Poached salmon

Recipe by V-ZUG Ltd.



|              |                                |
|--------------|--------------------------------|
| Preparation  | 30 Mins                        |
| Cooking time | 20 Mins                        |
| Portions     | 4                              |
| Appliance    | CombairSteamer V2000 from 2021 |

on courgette rösti with green sauce

## Green sauce

1 bunch of chervil  
1 bunch of parsley  
1 bunch of chives  
25 g cress  
100 g natural yogurt  
1 tsp sugar  
1 tsp mustard  
1 tsp salt  
50 g crème fraîche

## Courgette rösti

200 g potatoes boiled in their skins, peeled  
200 g courgettes  
1 tsp salt  
Some pepper  
Olive oil for frying

## Salmon

4 salmon fillets with skin removed, each about 100 g  
Olive oil for greasing





Some fleur de sel

## Green sauce

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Purée all the ingredients up to and including the salt and then stir in the crème fraîche.

## Courgette rösti

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Grate the boiled potatoes with their skins and the courgettes into a mixing bowl and season with salt and pepper.

Heat plenty of olive oil in a large non-stick frying pan. Turn the grated potato and courgette mixture into the pan and form 4 röstis. Fry the röstis on both sides over a medium heat until golden brown. Keep the röstis warm.

## Salmon

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Place the fish on an oiled stainless steel tray and cook at 48 °C for 20 minutes using the steam mode.

## Serving

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To serve, sprinkle some fleur de sel over the salmon fillets and place on top of the courgette rösti. Serve with the green sauce.

## Cooking steps

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**Steaming 48 °C for 20 Mins**

## Tips

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Day-old boiled potatoes are better still for grating.

## Accessories

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Stainless steel tray

Hand blender or jug blender

## Additional information

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Created on

26.01.2022

