Poached salmon with a chilli vinaigrette

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	25 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Poached salmon

600 g salmon, skin removed

3 tbsp olive oil

4 sprigs of tarragon

1 tbsp lemon zest

Fleur de sel

Pat the salmon dry, fillet it and cut into 60 g chunks, then spread out over the stainless steel tray.

Drizzle olive oil over the salmon and then scatter over the tarragon leaves and lemon zest. Put the stainless steel tray into the cold cooking space. Steam.

Steaming 48 °C for 25 Mins

Take the salmon out of the cooking space and quickly blowtorch all over. Season with fleur de sel.

Chilli vinaigrette

1 chilli pepper

2 lemons, zest

Fleur de sel

Pepper, white

100 ml olive oil

Deseed and finely chop the chilli pepper. Grate and squeeze the lemon and mix the zest and juice with the fleur de sel, chilli pepper, pepper and olive oil. Drizzle the vinaigrette over the salmon.

אביזרים

Perforated stainless steel tray

מידע נוסף

הופק ביום	11.12.2019