Salmon confit with rapeseed oil foam and avocado and potato mash

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Cooking time	1 Hrs 20 Mins
מנות	2
התקן	Combair-Steam SL from 2015

Avocado and potato mash

4 potatoes, mealy

Peel and quarter the potatoes and then put into the perforated cooking tray. Put the tray into the cold cooking space. Steam.

Steaming 100 °C for 45 Mins

1 avocado

2 tbsp butter

salt

Peel the avocado, put in a saucepan together with the steamed potatoes and butter, then mash everything together. Season with salt to taste.

Rapeseed oil foam

30 g egg yolk

130 g egg

7 g mustard

6 g salt

250 ml rapeseed oil

Put the egg yolk, egg, mustard and salt into a tall vessel and blend using a handheld blender. Slowly add the rapeseed oil while still continuing to blend. Pour the mixture into a whipping siphon and charge with 2 capsules. Place the whipping siphon in a 50 °C water bath for about 30 minutes.

salmon

2 slices of salmon

1 stalk of lemongrass

1 chilli pepper, red, fresh

1 lemon, zest

½ orange, zest

1 kaffir lime leaf

4 tbsp olive oil

Salt

Salt the salmon. Bruise the lemongrass and cut it into three. Deseed and finely chop the chilli pepper. Put into the vacuum bag along with the lemon zest, orange zest, kaffir lime leaf, olive oil and salt, then vacuum seal on level 2. Place the salmon in the perforated cooking tray and put into the cooking space while still warm. Steam.

Put the food in

Steaming 48 °C for 35 Mins

Take the salmon out of the bag, pat dry with a paper towel, place on a plate and flambé with a blowtorch.

To serve

Herb salad

Lemon oil

To serve, place the avocado and potato mash in the middle of the plate, arrange the salmon on top, spray the rapeseed oil foam on top of that, then sprinkle over the herb salad and drizzle over a little lemon oil.

אביזרים

2 perforated cooking trays

Kisag whipping siphon

מידע נוסף

הופק ביום	11.12.2019