



Poached salmon

מתכון מאת V-ZUG Ltd.



Preparation
Cooking
time
מנות
התקן

30 Mins

20 Mins

4

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

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

Courgette rösti

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

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

Serving

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

Steaming 48 °C for 20 Mins

עצות

Day-old boiled potatoes are better still for grating.

אביזרים

Stainless steel tray

Hand blender or jug blender

מידע נוסף

הופק ביום

26.01.2022

