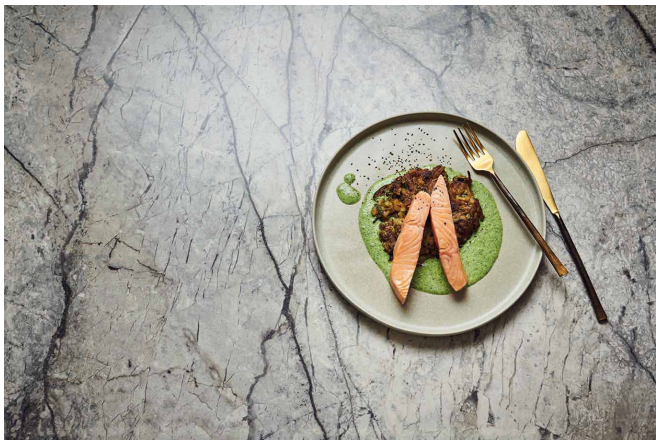
Poached salmon

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

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

Tips

Day-old boiled potatoes are better still for grating.

Accessories

Stainless steel tray

Hand blender or jug blender

Additional information

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