

Fresh herb Socca, salmon confit with Parmesan foam

Recipe for 4 persons

Description

Socca, a chickpea pancake, enhanced with fresh herbs, garnished with salmon confit and parmesan foam.

Note

Careful to not over season with salt. Parmesan as well as brine are already very salty. Season with pepper.

You can make the Socca dough the day before eating this dish.

Ingredients

The brine and salmon

- 1600 Ml Water
- 80 Gr Sugar
- 120 Gr Salt
- 400 Gr Salmon steak
- Salt and pepper

Socca dough

- 125 Gr Chick peas flour
- 250 Ml Water
- 2 Tbsp Olive oil
- 12 Sprig(s) Chives
- 5 Sprig(s) Fresh cilantro
- Salt and pepper

Parmesan foam

- 100 Ml 35% whipping cream
- 100 Gr Grated parmesan
- 100 Gr Egg white
- 1 Pinch(es) Xanthan gum
- Salt and pepper

Preparation

- Preparation time **60 mins**
- Preheat your **Thermocirculateur** at **104 F°**

Preparation

Chop the coriander.

Finely chop the chives.

Keep a few of the fresh herbs whole for decorating the finished plate.

If desired, remove the skin from the salmon.

Salmon, Brine and cooking

Combine all of the ingredients, then place the brine in the fridge until it reaches 5°C, then place the salmon in the brine and let it rest submerged for 45 mins.

Remove the salmon from the brine and towel dry it lightly, then place the salmon in a vacuum bag and sous-vide it.

Place the salmon in a water bath at 40°C (Use a thermal immersion circulator) for 40-45 minutes.

Remove the salmon from the water bath and place it in an ice bath to stop the cooking process.

Socca dough

In a mixing bowl, place the sieved chickpea flour, then create a well in the center.

Gradually add the water in the center of the well while continuously stirring with your fingers.

Once the water is fully incorporated add the olive oil. Let the mix rest in the fridge for at least one hour.

Next, remove from fridge and add the chopped herbs. In a frying pan on medium-low heat, place your heat proof circle molds.

Pour the Socca mix into the molds to reach roughly 0.5cm in thickness and cook well on this side.

Remove the circle molds and flip the Socca to finish cooking them.

Parmesan foam

First technique: Place all of the ingredients in a blender and blend until well combined. Transfer the liquid to a vacuum bag and place it sous-vide. With the help of a thermal immersion circulator, cook this preparation for roughly 30 minutes at 64°C. Remove the bag and pass the liquid through a fine mesh sieve. Finally, pour the liquid into a siphon and add maximum 2 canisters of compressed gas.

You can keep warm in a water bath or serve at room temperature.

Second technique: Place all of the ingredients in a blender and blend until well combined. Transfer the liquid to a saucepan, then gently heat on low, while continuously stirring, until the mixture reaches a temperature of 64°C. Pass the liquid through a fine mesh sieve. Finally, pour the liquid into a siphon and add maximum 2 canisters of compressed gas. You can keep warm in a water bath or serve at room temperature.

Plating

Place the Socca in the center of your plate. Place a few nice pieces of salmon on top and garnish with a nice scoop of parmesan foam. Decorate with fresh herbs and a turn or two of freshly cracked pepper.

Bon appétit!