

Lemon and fennel salmon skewer, basmati rice with grapes, edamame, dill butter and toasted sesame seeds

Recipe for 4

Description

Note

Don't over cook the salmon.

You can also cook the skewers in the oven or in a pan adding some oil.

Ingredients

Salmon skewers

- 4 Leaf(ves) Fresh oregano
- 1 Tsp White and black sesame seeds
- 1 Tsp Cumin powder
- 1 Tsp Cayenne pepper
- 1.50 Lb Salmon filet
- 2 Unit(s) Lemon
- 4 Unit(s) Skewer sticks

- Salt and pepper
- Vegetable oil
- Olive oil

Basmati rice

- 0.50 Cup(s) Basmati rice
- 1 Bulb(s) Fennel
- 12 Unit(s) White grapes
- 2 Tbsp Capers
- 125 Ml Edamame (soybeans)
- 12 Sprig(s) Chives

- Salt and pepper
- Vegetable oil
- Olive oil

Dill butter, sesame seeds

- 125 Gr Softened butter
- 2 Tbsp White and black sesame seeds
- 3 Sprig(s) Dill

- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **BBQ** at **425 F°**

Prep

Dice the salmon (about 2 cm). Slice the lemon.

Toast the sesame seeds in a warm oven for about 3 to 5 minutes.

Finely chop the oregano; then in a bowl, mix together oregano, cumin, cayenne pepper and sesame

seeds. Season the salmon cubes with salt and this mix.

Chop some of the dill and save some aside for garnish at the end.

Slice the grapes in halves.

Dice the fennel (1 inch), about 3 per skewer and finely dice the rest.

Finely chop the chive.

Skewers

Thread the salmon cubes on metal or wooden skewers. Between each salmon cubes place a lemon slice fold into itself and a fennel cube.

With a brush, baste the skewers with vegetable oil.

Cook on the hot BBQ and flip them frequently. Once seared, place on the higher grill to finish the cooking for about 4 min before serving them.

Rice

Rince the rice with cold water until clear and drain. In a pot, pour cold water, rice and salt. Bring to a boil then reduce the heat at low. Stir and cover with lid; let cook for 15 to 20 minutes. Drain and rince with cold water to stop the cooking. In a pan with butter, sweat the fennel dices and add the blanched edamame and the capers. Remove from heat and add the grapes; mix with the rice and garnish with chopped chives.

Season to taste with salt and pepper

Dill butter and sesame

Put some butter aside at room temperature (take it out the night before).

Put the softened butter in a bowl, add the sesame seeds and the dill and mix well.

Season to taste with salt and pepper and roll the butter in a saran wrap. Put aside in the fridge.

Plating

Once hard, make some butter slices.

Put a nice spoon of rice in your plate, add a salmon skewer on top, then a slice of butter and garnish with some dill.

Bon appétit!