

Maple and Sichuan pepper glazed salmon on a cedar plank, fennel, yellow beets and sour cream --copy

Recipe for 4



Description

Grilled salmon steak with Sichuan pepper. Barbecued vegetables served with an herbed sour cream.

Note

If you cannot find yellow beets, they can be replaced by yellow carrots.

Ingredients

Salmon

- 4 Steak Salmon filet
- 45 Ml Maple syrup
- 12 Grape(s) Sichuan pepper
- Salt and pepper

Vegetables

- 2 Unit(s) Yellow beet
- 1 Unit(s) Fennel
- 4 Unit(s) Green onion
- 200 Gr Orzo
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **BBQ** at **500 F°**

Preparation

Crush the Sichuan pepper in a mortar and mix it with the maple syrup. Cut the fennel, green onion and yellow beet into sticks. Cook the orzo for 10 minutes in boiling salted water.

Vegetables

Mix the vegetables with a little salt, pepper and olive oil, put them on aluminum foil. Cook for 15 minutes on the barbecue. Once cooked, mix them with the orzo

Salmon

Place the cobblestones on an aluminum foil and apply a layer of lacquer. Cook on the barbecue, basting at 3-4 minute intervals. The salmon is cooked when the albumen (white) begins to come out of the salmon. Internal temperature should not exceed 52°C.

Plating

On a plate, place the vegetable and orzo garnish nicely slightly off center and then top with the salmon. Drizzle with a last splash of glaze.

Bon appétit!