

Ratatouille confit, seared salmon and garlic cream - Virtual Workshop Version

Recipe for 2

Description

The classic ratatouille with a touch of salmon and garlic.

Note

The longer you leave the salmon in the oven, the drier it will become. It's up to you to manage the cooking time to your liking. 10 minutes for translucent, 12 minutes for well done, 15 minutes if you like your fish very done.

Enjoy your meal

Ingredients

Ratatouille

- 0.50 Unit(s) Eggplant
- 1 Unit(s) Zucchini
- 1 Unit(s) Tomato
- 1 Clove(s) Chopped garlic
- 0.50 Unit(s) Red onion
- 1 Unit(s) Yellow pepper
- 0.50 Tsp Espelette pepper
- 1 Tbsp Balsamic vinegar
- 3 Sprig(s) Thyme
- 6 Leaf(ves) Flat parsley

- Vegetable oil
- Olive oil
- Salt and pepper

Salmon and garlic cream

- 2 Unit(s) Salmon steak
- 0.75 Cup(s) 35% cooking cream
- 1 Tbsp Garlic powder
- 1 Tbsp Dry oregano

- Vegetable oil
- Olive oil
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your at **350 F°**

Preparation

Wash the eggplant and zucchini and cut them into small cubes (brunoise).

Empty your peppers, cut them into strips and then into small cubes (brunoise).

Peel the red onion and finely chop it.

Remove the seeds from the tomato and cut it into small cubes.

Peel the garlic cloves and chop some of them.

Thin out the thyme.

Heat your oven to 375F

Ratatouille

In a hot pan with olive oil, sauté onion, garlic and thyme. Reserve in a small bowl.

In the same pan with olive oil, sauté the peppers with a pinch of salt. Reserve in a bowl.

Repeat the same process with the zucchini, tomato and eggplant, always with a small pinch of salt for each vegetable.

In a bowl, put the vegetables together, add the balsamic vinegar, the Espelette pepper (or pepper if you don't have any). Do not salt, it is already done at each step.

Salmon and garlic cream

In an ovenproof skillet (without plastic on the handle), pour a teaspoon of vegetable oil and a teaspoon of butter. Heat until simmering.

Salt your salmon and sear it on the skin side in the pan. After 2 minutes on medium high heat, turn it over and add the cream, garlic powder and oregano.

Put the pan in the oven for about 10-12 minutes in your hot oven.

In a nice plate, place the ratatouille in the center, put the salmon steak on top and decorate around it with the garlic and oregano cream. Decorate with beautiful flat parsley leaves.

Bon appétit!