

# Salmon en papillote , Nantaise butter and a vegetable julienne |

Recipe for 4 servings



## Description

A gently cooked salmon with a julienne of vegetables served with a rich fish stock sauce.

## Note

A papillote is a great way to cook fish and keep it moist, as it cooks in its own steam. This technique can be used with aluminum foil and banana leaf as well.

## Ingredients

### Salmon

- 4 Unit(s) Salmon steak
- 300 Gr Zucchini
- 200 Gr Carrot
- 10 Sprig(s) Chives
- 4 Clove(s) Garlic
- 30 Gr Butter

### Nantaise butter

- 100 Gr French shallot
- 50 Gr White balsamic vinegar
- 150 Ml White wine
- 150 Ml Fish stock
- 150 Ml Cream 35%
- 50 Gr Butter

## Preparation

- Preparation time **45 mins**
- Preheat your **four** at **300 F°**

### Preparation

Cut the carrots and zucchinis into juliennes (matchsticks) with the help of a mandolin. Finely chop the chives and garlic. Set aside.

Finely dice the shallots.

### Salmon

In a frying pan, sauté the vegetables for a short duration with the butter and garlic. Separate the sautéed vegetables into 4 separate pieces of parchment paper and place one piece of salmon on each. Season with salt and pepper. Close the papillotes and place them in the oven for 20 minutes.

## Nantaise Butter

Sweat the shallots on medium heat without coloring them. Add the vinegar and white wine to the pan and continue to cook down until almost fully evaporated. Finally add the cream and fish stock and reduce until you reach the desired consistency.

**Bon appétit!**