

# Salmon Mason jar, cauliflower purée with caramelized onions, sauce vierge

Recipe for 4 persons



## Description

Salmon steak cooked in a Mason jar on top of a smooth cauliflower and caramelized onions purée, and accompanied by a virgin sauce with fresh herbs.

## Note

You can use purple cauliflower when it is in season to get very colourful Mason jars.

## Ingredients

### For the salmon Mason jar with cauliflower purée

- 2 Unit(s) Salmon steak
- 1 Unit(s) Cauliflower
- 2 Unit(s) Onion
- 100 Ml Cream 35%
- Olive oil
- Salt and pepper
- Butter

### For the sauce vierge

- 10 Unit(s) Cherry tomatoes
- 1 Unit(s) Lemon
- 30 Ml Pine nuts
- 1 Unit(s) Shallot
- 5 Sprig(s) Parsley
- Olive oil
- Salt and pepper
- Butter

## Preparation

- Preparation time **45 mins**

### General preparation

Chop the onion. Cut the cauliflower in little florets. Cut the cherry tomatoes into a fine dice. Finely chop the shallot. Finely chop the parsley. Cut the salmon fillets into two. Squeeze out the lemon juice.

### For the cauliflower purée

In a saucepan, place a knob of butter and fry the onions. Let them caramelize then add the

cauliflower. Add salt and pepper and stir for 3 minutes. Add water to cover and cook 20 minutes over medium heat. Drain the cauliflower and place it in the bowl of a food processor. Mix until you get a smooth texture and then, add the cream. Adjust the seasoning.

#### For the virgin sauce

In nonstick skillet, toast the pine nuts dry for 3 minutes to toast them lightly. Set aside in a bowl and add the diced tomatoes, shallots and parsley. Mix. Add some lemon juice and a drizzle of olive oil. Adjust the seasoning to taste.

#### Assembling and cooking of the Mason jars

In each Mason jars, fill with the cauliflower mash to about a quarter. Place one piece of skinless salmon and cover with a tablespoon of sauce vierge. Seal the jar. Place your jars in a pot half filled with hot water. Leave heat on low heat for 15 minutes.

#### To serve

Serve the salmon directly into the Mason jars. Or reverse the jars into bowls and serve with remaining sauce vierge.

**Bon appétit!**