

Salmon trout, pea purée, spinach, fennel petals, raspberries |

Recipe for 4 servings

Description

A vacuum cooking technique that allows us to keep fish flesh at its ideal tasting.

Note

Adding a few frozen peas to the blender when making the puree will help keep the puree green.

Ingredients

Salmon trout

- 480 Gr Salmon trout fillet
- Salt and pepper
- Olive oil

Pea purée

- 200 Gr Peas
- 750 Ml Vegetable stock
- 50 Gr Frozen green peas
- Salt and pepper
- Olive oil

Garnish

- 150 Gr Peas
- 100 Gr Baby spinach
- 1 Unit(s) Fennel
- 12 Unit(s) Raspberries
- 0.50 Unit(s) Lemon zests
- Salt and pepper
- Olive oil

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **10 mins**

Setting up

Cut the fennel bulb into quarters, not too wide, and remove the fennel petals.

Remove the skin from the trout fillets and cut them lengthwise into two strips.

Salmon trout

Take a first strip of salmon, roll it on itself like a snail, pricking the end with a toothpick to hold the shape.

Place each disc on a baking tray with parchment paper.

Season with salt, pepper and a drizzle of olive oil. Bake in a hot oven for between 5 and 8 minutes, depending on the thickness of the disc.

Pea purée

Bring the vegetable broth to a boil, and dip the peas in it. Cook for 5 to 8 minutes. Retrieve the peas with a skimmer and pour them directly into the blender bowl, adding salt, pepper and a small handful of congee. Add a nice dab of butter. Blend, if it looks too thick, add some hot vegetable stock. To finish, add a dash of olive oil, check the seasoning, keep warm.

Garnish

Peas Use the broth to blanch (cook) all the peas together, keeping the equivalent of one cup for the vegetable garnish.

Spinach In a hot pan with a drizzle of olive oil and a nice knob of butter, drop the spinach leaves. Lower the heat, season with salt and pepper, mix well, add the lemon zest, mix again and check the seasoning. Gather the spinach into 4 small domes on a pizza pan.

Fennel In a bowl, toss petals with olive oil, salt and pepper. Place on a baking sheet and bake for 10 to 12 minutes. Pay attention to the coloring.

Raspberries Cut the raspberries in half if you wish, you can keep them whole.

Assembly

Use a pastry bag to pipe two or three balls of pea purée onto the center of your plate. Still in the center, place a dome of spinach.

Place a spoonful of peas in the center, and add a few fennel petals.

Straddle the disc of trout, top with sauce and a few raspberries here and there.

Bon appétit!