

Seared salmon, roasted garlic and maple beets, cauliflower purée with butter and tumeric - Virtual Workshop Version

Recipe for 2

Description

A "healthy", heartwarming and loving recipe.

Please prepare salt, pepper, olive oil and butter.

Note

Patience and a good heat are essential for a crispy salmon skin.

The milk mixed with the water will keep the cauliflower purée nice and white, even cooked.

It is essential to cook, even overcook your cauliflower to get a perfect purée.

Ingredients

Salmon

- 2 Unit(s) Salmon steak
- 1 Clove(s) Crushed garlic
- 3 Sprig(s) Thyme
- 2 Tbsp Butter

- Salt and pepper

Cauliflower purée

- 0.50 Unit(s) Cauliflower
- 150 Ml Milk
- 1 Required quantity Water
- 1 Tbsp Curcuma
- 1 Tbsp Ground ginger
- 1 Required quantity Butter

- Salt and pepper

Preparation

- Preparation time **45.00 mins**

To prepare before class

Turn on your oven to 350F, prepare a cooking pot with your milke and fill the rest with water to

Beats

- 3 Unit(s) Beet
- 1 Tbsp Dill
- 2 Clove(s) Chopped garlic
- 2 Tbsp Maple syrup
- 35 Gr Pecan

- Salt and pepper

Finishing touches

- 1 Unit(s) Green onion

- Salt and pepper

cover your cauliflowers.

You will need :

1 frying pan, 1 pair of tongs, 1 cooking pot, 1 baking sheet, 1 mixing bowl, 1 blender, 1 spider

Salmon

Season the salmon with salt on both sides.

Heat up your frying pan and add some oil and butter until it foams. Gently put your salmon in the pan skin side first and rub it in the pan all over to avoid it from sticking.

Then let your salmon cook on the skin for 2 minutes without moving it, to get the crispiest skin possible. You can then add your crushed garlic and thym branches in the butter and bathe the salmon with the now seasoned butter.

Finally, put your pan in the oven until you`re happy with how the slamon is cooked, or remove it form the pan for a rare salmon.

Beats

Mix the already cooked beats with the dried Dill, chopped garlic, maple syrup and the peacans in a mixing bowl. Season with olive oil, salt and pepper. Place on a baking sheet and cook in your oven at 400F for several minutes.

Cauliflower purée

Cut the whole cauliflower in medium sized cubes. Then boil them in your water and milk mixture until the vegetable is fully cooked and extremely soft. Add your cooked cauliflowers, a bit of butter, a bit of cooking liquid and blend until extremely smooth. Season to taste.

Bon appétit!