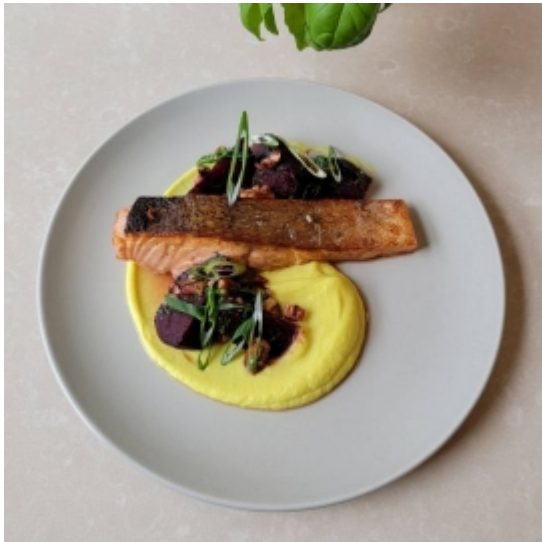


# Seared salmon, roasted garlic and maple beets, cauliflower purée with butter and turmeric - Virtual Workshop Version --copy

Recipe for 2



## Description

A heartwarming, "healthy" and filled with love.

You will need salt, pepper, olive oil and butter.

## Note

Patience and controlled heat are the key to a crunchy salmon skin.

The milk mixed with water to cook the cauliflower will keep the veggie nice and white.

It is absolutely necessary to fully cook your cauliflowers to make sure you have a perfect purée.

## Ingredients

### Salmon

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

### Cauliflower purée

- 0.50 Unit(s) Cauliflower
- 150 Ml Milk

### Beets

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

### Finishing Touches

- 1 Unit(s) Green onion

- 1 Required quantity Water
- 1 Tbsp Curcuma
- 1 Tbsp Ground ginger
- 1 Required quantity Butter

## **Preparation**

- Preparation time **45 mins**

### To prepare before class

Turn on your oven to 350F.

Prepare a big pot of water and the quantity of milk, enough to cover your cauliflower.

You will need: 1 pan, a pair of tongs, 1 pot, 1 baking sheet, 1 bowl, 1 blender or hand mixer, 1 spider.

### Salmon

Season the Salmon with salt on both sides.

Heat up your pan with a bit of butter and vegetable oil, until the butter bubbles. Then put your salmon skin down in the butter and rub it all over the inside of your pan to make sure that it won't stink.

Then keep the heat on Medium without touching it or moving it for a couple minutes. This will give you a crispy skin. During this time, add your squished garlic clove and the Thyme branches in the butter. Finally, if you want your salmon fully cooked, finish the cooking process in the oven or if you like it rare, the time it passed in the pan is sufficient.

### Beets

Mix the precooked beets with the dried Dill, chopped garlic, maple syrup and pecans in a bowl. Season with olive oil, salt and pepper. Send in the oven on a baking sheet at 400F for 10 minutes.

### Cauliflower purée

Cut the entirety of the cauliflower in medium sized cubes. Then cook them in your boiling water-milk mixture until they are completely tender. When you can stick a pairing knife in them and they fall off easily. In a blender, bring together the cauliflowers, some butter and a bit of cooking liquid and blend until smooth and silky.

**Bon appétit!**