

Slow cooked salmon with a honey mustard, mushroom, fennel - Version pour atelier virtuel- Version pour atelier virtuel -

Recipe for 2 portions



Description

Middle eastern inspired salmon recipe, slowly and gently cooked.

Note

It is very important to have the correct temperature and cooking time for salmon as it will remain very soft and perfectly cooked.

Ingredients

Salmon

- 2 Portion(s) Salmon filet skin-off
- 15 Ml Soy sauce
- 0.50 Unit(s) Shallot
- 25 Ml Cream 35%
- 15 Ml Olive oil
- 10 Ml Rice vinegar
- 40 Gr Honey mustard
- 15 Ml Honey
- 4 Turn(s) Freshly ground black pepper

Fennels and mushrooms

- 0.50 Bulb(s) Fennel
- 15 Ml Canola oil
- 0.50 Tray(s) Button mushrooms
- 1 Tsp Cumin seeds
- 2 Turn(s) Freshly ground black pepper
- 2 Pinch(es) Sea salt flakes
- 125 Ml Vegetable stock
- 4 Sprig(s) Fresh cilantro

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **257 F°**

To do list before the class

Wash the veggies, prepare and warm up your vegetable broth, peel the shallot.

For this recipe you will need

1 cutting board

1 chef knife (1 big and 1 small)

1 shallow baking tray for the oven
1 spatula
1 pair of kitchen tongs
1 wooden spoon
1 small pot for the broth
1 cooking pan
spoons and forch

Salmon

On a small cooking tray, place a little bit of olive oil at the very bottom and place the pieces of salmon on it, baste the fish with the Maille mustard and drizzle with olive oil, again, and the rice vinegar. Freshly ground pepper on the salmon and pour the soy sauce and liquid honey. Garnish with chopped shallot and finish pouring the cream. Cook for 25 minutes at, precisely, 257F.

Fennels and mushrooms

Medium high heat in a cooking pan and cook the mushrooms cut into quarters, until nicely browned and golden. Slice the fennel, add the mushrooms with the cumin, and cook everything together to a nice blend, for a few minutes. Make sure to keep the fennel a bit firm throughout the cooking. Two minutes before the very end add the broth and season. Off the heat, add the cilantro.

Bon appétit!