

Papillote of salmon with tarragon, stewed vegetables

Recette pour 4 personnes

Description Papillote of salmon on stewed vegetables and perfumed with tarragon

L'idée déco Concerning aesthetics, to make papillotes, prefer the paper cafta which is a transparent paper which resists the cooking.

Ingrédients

For the salmon

- 680 Gr Salmon steak
- 1 Unit(s) Shallot
- 2 Sprig(s) Tarragon
- 30 Ml White wine
- 60 Ml Chicken stock

- Salt and pepper

For the stewed vegetables

- 100 Gr Carrot
- 100 Gr White onion
- 100 Gr Button mushrooms
- 50 Gr Butter
- 3 Sprig(s) Tarragon

- Salt and pepper

Préparations

Temps de préparation **30 mins**

For the preparation

Cut the salmon steak in slices of 1 cm in thickness. Cut carrots and mushrooms in julienne. Slice thinly oignons. Chisel shallots. Pick the tarragon and chop half.

For stewed vegetables

In a pan steam onions and carrots in the butter 5 minutes. Add mushrooms and cook additional 3 minutes. Add the chopped tarragon.

The papillote

Cut rectangles of paper (parchemin, cafta, aluminum) for papillotes. Put down a few vegetables stewed at the bottom. Put down slices of salmon above. Put a few whole leaves of tarragon above and strew with chiselled shallots. Water with 2 teaspoons of white wine and broth of chicken stock. Season. Close papillote by means of rafia. Put in the oven 5 minutes.

Finishing

Open a little the papillote and put it on a plate.

Bon appétit!