

Salmon steak roasted with tarragon butter sauce, crisp vegetables

Recette pour 4 personnes



Description

Salmon steak seared, then oven roasted served with diced zucchini, carrots and fennel just blanched and sautéed in olive oil and topped with a beurre blanc sauce infused with fresh tarragon.

L'idée déco

Your beurre blanc can be stabilized by adding a tablespoon of 35% cream to obtain a beurre nantais.

Ingrédients

For the salmon steaks and crispy vegetables

- 4 Unit(s) Salmon steak
- 2 Unit(s) Carrot
- 2 Unit(s) Zucchini
- 1 Bulb(s) Fennel

- Olive oil
- Salt and pepper

Beurre blanc preparation

- 2 Unit(s) Shallot
- 150 Ml White wine
- 30 Ml White wine vinegar
- 200 Gr Butter
- 4 Sprig(s) Tarragon

- Olive oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 400 F°

General preparation

Cut vegetables into cubes of about 1 cm. Peel shallots and slice thinly. Take off the leaves from the stem of tarragon and finely chop them. Cut butter into cubes.

Vegetable preparation

Bring to a boil a pot of salted water, cook the vegetables separately just a few minutes to preserve their crispness, then plunge into ice water, then drain. In a hot pan, drizzle with olive oil and reheat the vegetables a few minutes just before serving. Season with salt and pepper.

Salmon preparation

In a hot pan, drizzle some olive oil and sear the salmon steaks on 2 sides. Place them on a baking sheet and bake for 5-6 minutes.

Beurre blanc preparation

In a saucepan combine the shallots, vinegar, white wine. Reduce by about two thirds. Remove from heat and start to stir in the cold butter bit by bit, stirring constantly with a whisk. Using a small strainer, strain the sauce and add the chopped tarragon, let infuse a few minutes.

To serve

On your plate, place the vegetables using a ring mold, place a salmon steak on top of the vegetables and drizzle with tarragon beurre blanc.

Bon appétit!