

Salmon crusted with provençale style mustard, quinoa risotto, chive hollandaise sauce, warm green bean and shallot salad.

Recette pour 4 personnes



Description

A beautiful quinoa risotto with seared a provençale crusted salmon, a rich chive hollandaise sance and a green bean and shallot salad.

L'idée déco

For the hollandaise sauce, make sure not to leave the bowl on the steam bath too long or you will end up scrambling the eggs, try and alternate between on and off the heat when whisking.

Ingrédients

Salmon

- 4 Unit(s) Salmon steak
- 300 Gr Maille provençale mustard
- 4 Tbsp 35% cooking cream
- 1 Tbsp Soy sauce
- 1 Tbsp Honey
- 1 Unit(s) Shallot

- Olive oil
- Butter
- Salt and pepper

Quinoa risotto

- 300 Gr Red quinoa
- 200 Ml White wine
- 1 Liter(s) Vegetable stock
- 0.50 Unit(s) Red onion
- 85 Gr Grated parmesan

- Olive oil

- Butter
- Salt and pepper

Hollandaise sauce

- 2 Unit(s) Egg yolk
- 15 Ml White wine vinegar
- 100 Gr Clarified butter
- 1 Unit(s) Lemon juice
- 10 Sprig(s) Chives
- 2 Pinch(es) Fleur de sel
- 3 Turn(s) White pepper
- Olive oil
- Butter
- Salt and pepper

Green bean salad

- 750 Ml Frozen yellow beans
- 0.50 Unit(s) Onion
- 2 Clove(s) Chopped garlic
- 35 Ml Olive oil
- 2 Tbsp Balsamic vinegar
- Olive oil
- Butter
- Salt and pepper

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre four à 257.00 F°

Preparation

Prepare the chicken stock.

In a large sauce pot of boiling water, cook the quinoa for 12 minutes, strain and rinse in cold water.

Chop the red onion, chives and shallots.

Juice the lemons.

Peel and finely chop the onion.

Salmon

In an ovenproof pan, place the salmon and then brush them with the mustard. Lightly coat with olive oil. Sprinkle with freshly cracked pepper and add the soya sauce and honey to the pan.

Sprinkle with the green onions and pour in the cream. Cook in the oven for about 25 minutes.

Quinoa risotto

In a large sauce pot with a thread of olive oil on medium heat, sweat the red onion for 2-3 minutes. Add the pre cooked quinoa and deglaze with white wine. Finish cooking the quinoa by adding some chicken stock. Once you reach the desired texture, remove from heat and incorporate the butter and parmesan cheese. Season accordingly and set aside.

Hollandaise sauce

In a small saucepot on low heat, melt the butter and skim if necessary. Collect the clarified butter making sure to leave the separated buttermilk at the bottom. Keep warm. In a mixing bowl, whisk together the egg yolks and the vinegar. Over a steam bath, whisk until the yolks whiten and thicken slightly, being careful not to cook them. Off of the heat, whisk in the clarified butter slowly while whisking constantly. Season with salt and pepper and a bit of lemon juice. Add the chives, stir and set aside.

Green bean salad

In a large pot of boiling salted water, cook the beans for 6-8 minutes then strain and plunge into an ice bath to stop them from over cooking. Strain again and set aside. Once ready to serve, heat a frying pan with a thread of olive oil and add the onions and sweat for 2-3 minutes. Add the beans and then the garlic and remove from the heat. Continue to stir. Transfer this mix to a bowl and add the balsamic vinegar and season accordingly.

Plating

On a round plate place the salmon in the center. Plate the bean salad beside the fish. Place a few nice quenelles of quinoa here and then and finalize with a few nice spots of different sizes of the hollandaise sauce around the salmon.

Bon appétit!