

Salmon back, black olive and sun dried tomato sauce, parsnip 2 ways

Recette pour 4

Description

French cuisine in a nutshell, all in a few bites.

Ingrédients

Salmon

- 4 Unit(s) Salmon steak
- 4 Sprig(s) Thyme

- Salt and pepper
- Olive oil

Sundried tomato and olive sauce

- 80 Gr Sliced black olives
- 80 Gr Sundried tomatoes
- 500 Ml Fish stock
- 2 Unit(s) Chopped shallot
- 250 Ml Cream 35%

- Salt and pepper
- Olive oil

Parsnip

- 1 Kg Parsnip
- 1 Clove(s) Vanilla bean
- 1 Liter(s) Milk
- 100 Gr Duck fat
- 50 Gr Maple syrup
- 1 Unit(s) Lemon
- 50 Gr Butter

- Salt and pepper
- Olive oil

Préparations

Temps de préparation **40 mins**

Cooking the salmon

Season the flesh side of your salmon with salt. In a hot skillet with olive oil, cook the salmon skin side down for 5-7 minutes on medium heat. At the last second, flip them to flesh side down, cover and remove from the heat. Set aside until ready to serve. Best if slightly rosée in the center.

Sundried tomato and olive sauce

In a medium sauce pot, sweat the shallots and then add the sundried tomatoes and olives. Cook for 2 minutes and then deglaze with the fish stock and let reduce by a third. Add the cream and cook for another few minutes.

Season to taste and set aside.

Parsnip

For the mousseline:

Peel all the parsnip. Cut half of it in medium size chunks and transfer to a sauce pot with the milk, the scraped vanilla pod and 8g of salt. Cook on a simmer. Once cooked, strain and then blend until you reach a nice smooth consistency. Add butter and lemon juice, season to taste and set aside.

Confit parsnip:

With the second half of the peeled parsnip, cut them into big sticks. Cook them in boiling salted water for 3 minutes. In a hot skillet, cook them to give them a nice color with some duck fat. Once they have a nice golden color, add the maple syrup and finish cooking slowly until perfect. Season to taste.

Bon appétit!