

Crispy salmon burger, garlic and capers mayonnaise, turmeric bell pepper, romaine leaf, spinach salad |

Recipe for 4 portions

Description

A less common, but equally good, fish burger that will surprise everyone.

Note

Do not use a knife to cut the salad, as you will quickly oxidize it. Tearing it will prevent the brown edges.

Ingredients

Salmon burger

- 400 Gr Salmon filet
- 75 Gr Shallot
- 6 Sprig(s) Chives
- 1 Clove(s) Garlic
- 1 Unit(s) Egg
- 50 Gr Flour
- 50 Gr Japanese breadcrumbs (panko)
- 4 Unit(s) Burger bun

- Salt and pepper
- Vegetable oil

Mayonnaise

- 1 Unit(s) Egg yolk
- 15 Ml Dijon mustard
- 1 Clove(s) Chopped garlic
- 200 Ml Vegetable oil
- 1 Tsp White balsamic vinegar
- 2 Tbsp Capers

- Salt and pepper
- Vegetable oil

Garnish

- 0.50 Unit(s) Yellow pepper
- 0.50 Unit(s) Red pepper
- 0.50 Unit(s) Green pepper
- 1 Tsp Curcuma
- 4 Handful(s) Baby spinach salad
- 2 Leaf(ves) Romaine salad

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

Preparation

Skin the salmon (if necessary) and cut into cubes.

Chop the shallot, chives and garlic finely.

Prepare a bowl with the beaten eggs, another with the flour, and one with the Panko breadcrumbs.

Finely chop the capers.

Halve the peppers and seed them well.

Tear the leaves of Romaine to the diameter of the buns.

Crispy salmon burgers patties

PATTY

In your food processor, put the salmon, garlic, shallot and egg, mix the whole into thick puree while diluting with the cream. The dough must be firm enough to form patties (burger). Add the chives to the mix using a spatula. By hand, portion and make into patties, about 95g to 100gr each. Leave the patties in the freezer for about 15 minutes, it will help you bread without distorting them.

BREADDING

Directly from freezer, pass the salmon patties in the tray of flour, removing any excess. Then put the patties (one by one) in the beaten egg, then finish in the breadcrumbs Panko, press with the hands so that the breadcrumbs adhere well to the salmon.

COOKING

In a hot skillet with vegetable oil, fry the patties on each side until browned (1 to 2 minutes on per side side), keep them on a baking sheet. Just before serving, finish them for 3 to 5 minutes in the oven.

Mayonnaise

In a bowl, mix the egg yolk and mustard and chopped garlic, using a whisk, stir in the oil slowly, whisking continuously, until a mayonnaise thickness is achieved. Then add chopped capers, followed by salt and pepper as needed.

Bell peppers

Cut the various peppers into large strips. In a hot skillet with vegetable oil, fry the peppers until cooked but still crunchy, then finish with the turmeric, ensuring to mix everything well.

Plating

Toast the buns lightly in the oven, then spread mayonnaise on each side.

Place the romaine leaf, the peppers, and the patty on the bottom half of the bun and finish with the other half on top.

On the plate, add baby spinach salad seasoned with a dash of olive oil and balsamic vinegar, and salt and pepper.

Bon appétit!