

One-sided salmon steak, brushed with honey mustard, sautéed mushrooms and fennel with cumin |

Recipe for 4

Description

Note

The quality of your fish will play an important role in the recipe.

Ingredients

Salmon

- 500 Gr Salmon filet skin-off
- 30 Ml Olive oil
- 10 Gr Freshly ground black pepper
- 2 Tbsp Soy sauce
- 1 Tbsp Maille grain mustard
- 1 Tbsp Honey

Fennels and mushrooms

- 1 Bulb(s) Fennel
- 200 Gr Button mushrooms
- 1 Tsp Cumin seeds
- 250 Ml Vegetable stock
- 1 Unit(s) Green onion
- 12 Unit(s) Baby potatoes

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **375 F°**

Set up

Slant-cut the green onions.

Pre-cook the potatoes in boiling water, then cut into 2.

Whether or not to remove the salmon skin is optional.

Wash and slice the mushrooms.

Cut the green stalks from the fennel bulb, keeping a few sprigs for the finishing touches.

Halve the fennel, then slice finely.

Mix soy, pepper, honey and mustard (marinade) in a bowl.

Salmon

Once the skin has been removed, or not, cut the fillet into portions of around 120g.

You'll end up with 4 nice salmon cubes, which you can brush with the marinade.

In a hot frying pan with vegetable oil, sear the salmon cubes on a single surface. Cook for 2 to 3 minutes.

Remove the squares and place on a baking tray with baking paper.

We pass them in a hot oven for 3-4 minutes, depending on size. Just before serving.

Fennels and mushrooms

Heat the oil in a frying pan and sauté the quartered mushrooms until nicely browned. Add the fennel and the potatoes to the mushrooms with the cumin, and continue cooking for a few minutes. Be sure to keep the fennel crunchy. Two minutes before the end, add the stock and season. Off the heat, add the green onion whistles.

On the plate

In a shallow dish, place the vegetables at the bottom of the plate.

Once you've flashed the salmon, place the two salmon cubes on top of the vegetables.

Add a little cooking stock to the bottom of the plate.

Finish with a few sprigs of fennel.

If you wish, add fleur de sel and a pepper mill to finish.

Bon appétit!