

Salmon bouchée à la reine, beurre blanc sauce, green beans and garlic tomatoes

Recipe for 4 persons



Description

Individual puff pastries garnished with slow cooked salmon and a creamy white sauce. Accompanied by green beans and tomatoes.

Note

The puff pastry in this recipe is the same process used for a vol au vent, in this case we are just making it a different size.

Always plunge your green vegetables in an ice bath after blanching, this will stabilise the chlorophyll and make sure they stay nice and green.

Ingredients

Puff pastry

- 1 Unit(s) Sheet of puff pastry
- 1 Unit(s) Egg
- 2 Tbsp Water
- Olive oil
- Salt and pepper
- Butter

Garnish

- 600 Gr Green beans
- 2 Unit(s) Tomato
- 2 Clove(s) Chopped garlic
- 225 Ml Japanese breadcrumbs (panko)
- Olive oil
- Salt and pepper

Salmon

- 4 Piece(s) Salmon steak
- 4 Tsp Dijon mustard
- 25 Ml Rice vinegar
- 20 Ml Light soy sauce
- 1 Tsp Honey
- 1 Unit(s) Green onion
- Olive oil
- Salt and pepper
- Butter

Nantais sauce

- 2 Tbsp Fish fumet stock base
- 15 Gr Butter
- 50 Ml White wine
- 1 Unit(s) French shallot
- 50 Ml White balsamic vinegar
- 225 Ml 35% cooking cream

- Butter
- Olive oil
- Salt and pepper
- Butter

Preparation

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

Plating

Place the puff pastry on the side of your plate. Remove the top of the pastry. Set aside.

Fill the pastries with the salmon and place a little off to the side of the pastries.

Generously drizzle with the nantais butter sauce and place the beans and tomatoes to the side of the pastries.

Garnish with fresh herbs or young sprouts.

Nantais Sauce

In a sauce pot, sweat the shallots with a knob of butter and a pinch of salt for 1 minute. Add the white wine and the balsamic vinegar and then reduce by half. Add the cream as well as 10g of butter and the fish stock. Whisk gently until it comes to a boil. Season to taste. Keep warm.

Garnish

In a pot of boiling salted water, blanch the green beans for 7-8 minutes, until cooked with a slight crunch. Strain and set in an ice water bath to stop them from over cooking.

Place the halved tomatoes on a baking sheet lined with parchment paper. Season with salt and pepper.

In a mixing bowl, combine the minced garlic, panko and olive oil. Sprinkle generously over top of the tomatoes. Transfer to the oven at 370°F for 10 minutes.

Salmon

In an oven proof skillet, place the olive oil and then the salmon. Brush the top of the salmon with mustard and then sprinkle with olive oil and rice vinegar. Season with pepper and then add the soy sauce and honey over top and sprinkle with the chopped shallots. Cook in the oven for roughly 14 to 18 minutes.

Puff pastry

Using a ring mold, make 8 nice 8cm diameter circles in a sheet of puff pastry. Using a smaller ring mold, 4cm diameter, cut out the center of 4 of your original circles. You should end up with 4 circles and 4 rings.

Brush the circles with cold water and stick the rings on top.

Using the back of your knife and your fingers, lightly press down all around the ring to make sure it is properly stuck together.

Brush the top of the puff pastry circles (the rings) with the egg wash.

All that is left is to place them in the oven for 20-30 minutes depending on your oven.

Preparation

Remove the stems from the green beans.

Clean and cut the tomatoes in half lengthwise.

Peel and finely chop the shallots.

Peel and mince the garlic.

Clean and slice the green onion.

Mix an egg and a tablespoon of cold water to make the egg wash.

Bon appétit!