

Salmon meal salad marinated with ginger and lemongrass, Asian based vegetables

Recipe for 4 persons



Description

Flat out fresh, light and delicious salad.

Note

The basic for this mayonnaise can be applied to anything. Make sure to have a proper emulsion before adding any flavors in. Once the emulsion is stable, you can easily flavor it to whatever you want. Remember, one egg yolk for every tablespoon of Dijon and you are in for glory!

Ingredients

Marinated salmon

- 4 Piece(s) Salmon steak
- 0.50 Sprig(s) Lemongrass
- 1 Tbsp Fresh ginger
- 3 Tbsp Soy sauce
- 125 Ml Canola oil
- 1 Tbsp Roasted sesame oil
- Salt and pepper

Garnishes

- 1 Unit(s) Broccoli
- 2 Unit(s) Carrot
- 1 Unit(s) Zucchini
- 1 Unit(s) Yellow zucchini
- 0.50 Unit(s) Iceberg lettuce
- Salt and pepper

Asian based mayonnaise

- 30 Ml Rice vinegar
- 15 Ml Mirin
- 15 Ml Dijon mustard
- 1 Unit(s) Egg yolk
- 125 Ml Vegetable oil
- 2 Tsp Japanese pickled ginger
- 8 Sprig(s) Fresh cilantro
- Salt and pepper

Preparation

- Preparation time **30.00 mins**
- Preheat your at **0.00 F°**

Mise-en-place

Take the skin off the salmon.

Blend all the ingredients for the marinade altogether.

Cut the broccoli into small chunks.

Peel the zucchinis and with a mandolin with the proper adapter, make some nice and even julienne. Same goes for the carrots.

Finely cut the iceberg and put it inside a bowl and then place it in the fridge with a humid cloth on top of it.

Idem goes for the ginger.

Take the leaves off the coriander.

Marinated salmon

In a stewpot filled with water, bring it to a boil and then add in the pieces of salmon for 3 to 4 seconds.

Put them all back inside the marinade.

Right before serving, sear the salmon pieces in a cast iron pan, at high heat. Let them rest 3-5mins and then delicately cut them into 5mm slices with a very sharp knife.

Vegetables

In a big stewpot filled with boiling salted water, blanch the broccoli 3-4mins. Throw them back, rapidly, in a cold water bath to stop the cooking and keep the chlorophyll.

Then, gather all the vegetables together with half of the coriander leaves. Wait until the very last moment before mixing all of them with the mayonnaise.

Asian based mayonnaise

In a kitchenaid bowl, if possible, put the Dijon mustard and the egg yolks in. Start mixing (4 to 6 speed) until the mixture is bright yellow. Gradually and very slowly at the beginning, add the oil in at medium-high speed (8). Wait until you get a very smooth and early mayonnaise texture before slowing down (5-6) in speed to add the remaining oil - still slowly and with a nice flow. Add in the vinegar and the mirin and let it spin another 2mins before adding salt and pepper to taste.

Montage

Mix the vegetables with the mayonnaise and then put everything in a big salad bowl.

Put the nicely cut salmon slices and a couple of coriander leaves on the very top.

Bon appétit!