

Salmon steak, Bourguignonne sauce, fork mashed Yukon Gold potatoes

Recipe for 4 persons

Description

Salmon steak topped with the classic garnish from Burgandy: pearl onions, mushrooms and bacon in a red wine sauce.

Note

To make this recipe in a quickie 30 minutes, use pre-cooked potatoes.

Ingredients

For the salmon, Bourguignonne sauce

- 4 Unit(s) Salmon steak
- 12 Unit(s) Frozen pearl onions
- 1 Pinch(es) Sugar
- 200 Gr Button mushrooms
- 50 Gr Smoked bacon
- 15 Ml Flour
- 15 Ml Butter
- 180 Ml Red wine
- 4 Sprig(s) Thyme
- 1 Sprig(s) Bay leaf
- Olive oil
- Salt and pepper

For the fork-mashed potatoes

- 600 Gr Yukon gold potatoes
- 45 Gr Butter
- 45 Ml Milk
- 15 Sprig(s) Chives
- Olive oil
- Salt and pepper

Preparation

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

General preparation

Cut the mushrooms in quarters. Cut the bacon into small pieces. Chop the chives. Peel the potatoes and cut into regular cubes.

Fork-mashed potatoes preparation

Put the cubed potatoes to cook in cold salted water, bring to boil and cook about 15 minutes. Once the potatoes are tender, strain, mash and add butter, milk and chives. Season with salt and pepper.

Salmon steak with Bourguignonne sauce preparation

In a pan, sweat the onions for 3 minutes with a dash of olive oil, butter, a pinch of salt and sugar in order to caramelize. Add the bacon, mushrooms and thyme and bay leaf and cook for 2 minutes. Add in the flour and cook a few minutes while stirring, then add the wine and fish stock. Simmer until it coats the back of a spoon. Season with salt and pepper. Meanwhile, season the salmon with salt and pepper and sear it skin side down in a hot pan with a drizzle of olive oil. Once the skin colors, place

the fish on a baking sheet, skin side on top. Finish cooking in oven 4-6 minutes.

To serve

Serve the fork-mashed potatoes using a ring mold, then place the salmon fillet on the side. Generously coat with Burguignonne sauce.

Bon appétit!