

# Slow cooked salmon with a honey mustard, mushrooms & fennel

Recipe for 4 persons



## Description

Asian inspired salmon recipe, slowly and gently cooked.

## Note

It is very important to have the correct temperature and cooking time for salmon as it will remain very soft and perfectly cooked.

## Ingredients

### Salmon

- 4 Unit(s) Salmon filet skin-off
- 30 Ml Soy sauce
- 0.50 Unit(s) Shallot
- 50 Ml Cream 35%
- 30 Ml Olive oil
- 15 Ml Rice vinegar
- 80 Gr Honey mustard
- 25 Ml Honey
- 10 Gr Freshly ground black pepper
  
- Salt and pepper

### Fennels and mushrooms

- 1 Bulb(s) Fennel
- 30 Ml Canola oil
- 1 Lb Button mushrooms
- 1 Tsp Cumin seeds
- 5 Gr Freshly ground black pepper
- 2 Pinch(es) Fleur de sel
- 250 Ml Vegetable stock
- 4 Sprig(s) Fresh cilantro
  
- Salt and pepper

## Preparation

- Preparation time **30.00 mins**
- Preheat your **four** at **257.00 F°**

### Salmon

On a small cooking tray, place a little bit of olive oil at the very bottom and place the pieces of salmon on it, baste the fish with the Maille mustard and drizzle with olive oil, again, and the rice vinegar. Freshly ground pepper on the salmon and pour the soy sauce and liquid honey. Garnish with chopped shallot and finish pouring the cream. Cook for 25 minutes at, precisely, 257F.

## Fennels and mushrooms

Medium high heat in a heating pan and cook the mushrooms cut into quarters, until nicely browned and golden. Slice the fennel, add the mushrooms with the cumin, and cook everything together to a nice blend, for a few minutes. Make sure to keep the fennel a bit firm throughout the cooking. Two minutes before the very end add the broth and season. Off the heat, add the cilantro.

**Bon appétit!**