

Slow-roasted salmon bites, butternut squash purée, Honeycrisp apple brunoise, toasted pumpkin seeds and dill oil

Recipe for 12 tapas

Description

Melt-in-your-mouth salmon, paired with the sweetness of butternut squash, the crisp tang of Honeycrisp apples, and a refreshing dill oil.

Note

Cut the salmon into evenly sized pieces to ensure uniform cooking, and remove them from the oven as soon as the centers are slightly translucent. Toss the diced apple with the dressing immediately after cutting to preserve its freshness, crisp texture, and vibrant color.

Ingredients

Slow-roasted salmon bites

- 650 Gr Salmon filet skin-off
- Salt and pepper

Butternut squash purée

- 900 Gr Butternut squash
- 3 Unit(s) French shallot
- 50 Gr Butter
- 300 Ml 35% cooking cream
- 500 Ml Vegetable stock
- Salt and pepper

Honeycrisp apple brunoise with cider vinegar, maple and lemon

- 2 Unit(s) Honeycrisp apple
- 25 Ml Apple cider vinegar
- 20 Ml Maple syrup
- 15 Ml Lemon juice
- 2 Tbsp Dill
- Salt and pepper

Dill oil

- 200 Ml Canola oil
- 1 Bunch Dill
- Salt and pepper

Toasted pumpkin seeds

- 75 Gr Pumpkin seed
- 5 Ml Canola oil
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **oven** at **200 F°**

Prepare the slow-roasted salmon bites

Cut the salmon into 12 evenly sized cubes, approximately 50 to 55 g each. Arrange them on a parchment-lined baking sheet and brush lightly with olive oil. Season with fleur de sel and freshly ground pepper. Cook for 20 to 25 minutes, until the salmon is tender and still slightly translucent in the center.

Prepare the butternut squash purée

Finely chop the shallots. Peel the butternut squash and cut it into cubes. Melt the butter in a saucepan and sweat the shallots for 2 minutes. Add the squash and cook for another 2 minutes. Add the vegetable stock and cream. Simmer for approximately 20 minutes, or until the squash is tender. Blend until smooth, then pass through a fine-mesh sieve. Adjust the seasoning and keep warm.

Prepare the Honeycrisp apple brunoise

Finely chop the dill. Cut the apples into a fine brunoise. In a bowl, combine the apple cider vinegar, maple syrup, and lemon juice. Add the diced apples and chopped dill. Season lightly with fleur de sel and refrigerate until ready to serve.

Prepare the dill oil

Place the oil and dill in a blender. Blend for 2 minutes, until the oil is vibrant green. Strain through a fine-mesh sieve and transfer to a small squeeze bottle.

Prepare the toasted pumpkin seeds

In a bowl, toss the pumpkin seeds with the canola oil and a pinch of fleur de sel. Spread them on a parchment-lined baking sheet. Toast at 325°F for 8 to 10 minutes, stirring halfway through, until lightly golden and crisp. Let it cool completely.

Plating

Spoon approximately 30 ml of butternut squash purée into the bottom of each small bowl. Place one salmon bite in the center. Top with the Honeycrisp apple brunoise and a few toasted pumpkin seeds. Finish with a few drops of dill oil and garnish with a small dill frond.

Bon appétit!