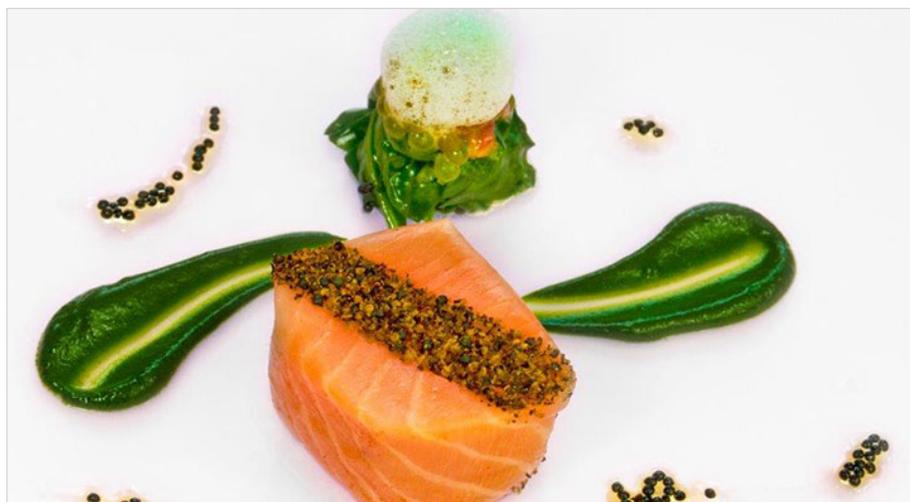


Sous vide fillet of Scottish „Loch Duart“ salmon

Author: Andreas Krolik
Preparation time: 1 hour
Cooking time: 15 minutes



Ingredients

For 6 servings

Salmon (sous vide):

360 g salmon fillet cut from the middle of a 5kg salmon, without skin and bones
100 g coarse sea salt
Piment d'Espelette
1 tsp mixture of lemon flavored sea salt, vanilla fleur de sel, Piment d'Espelette in equal parts
1 tbsp lemon flavored olive oil
2 tbsp organic rapeseed oil
Optionally 2 tbsp liquid smoke

Garnish on the salmon:

2 tbsp roasted rapeseeds

Spinach coulis:

35 g sea salt
125 g cleaned and washed spinach
30 ml rapeseed oil
1 tbsp browned butter

Baby leaf spinach:

50 g washed baby spinach leaves without stems
4 tbsp organic rapeseed oil
1 tsp organic rapeseed, roasted
Diced lemon sections from ½ a lemon
Sea salt and pepper freshly ground

Marinade of char caviar:

30 g char caviar gold
50 ml fish sauce
1 tbsp finely diced dried tomatoes

Preparation

Salmon (sous vide):

Lightly season the fillet of salmon with Piment d'Espelette and rub with lemon flavored olive oil. Wrap tightly into cling film and cut the roll into 6 equal pieces without removing the cling film.

Vacuum the pieces and cook sous vide at 44 °C in a **fusionchef** sous vide water bath for 15 minutes.

Garnish on the salmon:

2 tbsp roasted rapeseeds finely crushed in a mortar; add a pinch of sea salt

Spinach coulis:

1l water with 35 g sea salt brought to a boil.
125 g cleaned and washed spinach leaves cooked in the salt water for approx. 1 Minute until soft, quenched in ice water.
Mix 30 g ice water + 2 g sea salt+ spinach in a Thermomix at high speed, add rapeseed oil and browned butter, pass through a fine sieve, fill into a small plastic bottle with a nozzle and keep warm.

Baby leaf spinach:

Heat the organic rapeseed with the rapeseed oil, add the spinach and let it wilt, season lightly with salt and pepper. Place a small heap on each plate and top first with a spoon of the marinade of char caviar then with lemon foam.

Marinade of char caviar:

Bring the fish sauce to a boil, add the diced tomatoes and pickled lemon, the lemon flavored olive oil and the herbs; remove from heat and cool down to approx. 50 °C. Add the char caviar and keep warm without boiling.

Lemon foam:

Mix verjuice, vinegar, lemon juice and spice well, season, at the lecithin, mix and froth.

Finish:

Arrange 6 pre-heated plates, pipe 2 points of spinach coulis on each plate and give

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½ tsp peel of preserved lemons, very finely diced
1 tblsp finely chopped chives and chervil, mixed
1 tbl. lemon flavored olive oil

Lemon foam:

100 ml verjuice
1 tblsp lemon vinegar
Juice of ½ a lemon
A bit of sugar
Sea salt
½ tsp soy lecithin (available in health food stores or drugstores)

it a drop-shape. Carefully remove the salmon from the pouches, remove the cling film and place between the spinach coulis. Season lightly with the vanilla-salt mixture. Use a stencil to sprinkle a streak of the ground rapeseeds on the salmon.

Arrange the rapeseed oil used for the baby spinach with some rapeseeds on each plate.

This recipe was generously provided by Andreas Krolik.