

Sous vide salmon with cauliflower puree

Author: Mario Gamba
Cooking time: 11 minutes



Ingredients

For 4 servings

Salmon (sous vide):

320 g salmon fillet
Olive oil

Cauliflower puree:

2 cauliflower
1 white onion
250 ml vegetable stock
500 ml cream
50 g butter
Salt, pepper, nutmeg

Soy-cilantro-reduction:

200 ml Japanese Sake
approx. 15 % vol.
100 ml Chinese rice wine
approx. 14 % vol.
1 tbsp miso paste, dark
A bit of starch flour
1 tsp freshly grated ginger
1 tsp lime peel
40 g brown raw cane sugar
3 tbsp freshly chopped leaves

Preparation

Salmon (sous vide):

Cut the salmon fillet into dice weighing 80 g each. Place in a sealed-edge bag with a bit of olive oil and vacuum it. Set the **fusionchef** sous vide water bath to 49 °C and insert the bag for 11 minutes.

Cauliflower puree:

Peel the onions and cut them into fine strips. Cut the cauliflower coarsely. Heat the butter in a sauteuse and sweat the onion strips. Add the cauliflower and then add in the stock and the cream. Put the lid on and let the cauliflower boil until soft. Puree well in a mixer and season it with salt, pepper, and freshly grated nutmeg.

Soy-cilantro-reduction:

To prepare the sauce, bring the rice wine, Sake, and miso paste to boil. Thicken the mixture with a bit of starch flour, and let it simmer for 4 minutes. Season it to taste with ginger, lime peel, raw cane sugar. Pass through a fine sieve and stir in the cilantro.

Serving:

Place the puree in the middle of the plate, remove the salmon from the bag and arrange it on the puree. Glaze the salmon with the sauce.

This recipe was generously provided by Mario Gamba.