

Roasted salmon, carrots and zucchini tagliatelle, chive hollandaise sauce

Recipe for 4 persons



Description

A dish full of colors and flavors.

Note

You could replace the salmon for scallops and shive for dill.

Ingredients

For the salmon

- 4 Unit(s) Salmon steak
- Olive oil
- Salt and pepper

For the garnish

- 1 Unit(s) Zucchini
- 2 Unit(s) Carrot
- 1 Unit(s) White beans (540ml)
- 2 Unit(s) Shallot
- 100 Ml White wine

- Olive oil
- Salt and pepper

For the hollandaise sauce

- 2 Unit(s) Egg
- 15 Ml White wine vinegar
- 100 Gr Butter
- 1 Unit(s) Lemon
- 0.25 Bunch(es) Chives

- Olive oil
- Salt and pepper

Preparation

- Preparation time **45 mins**

For the preparations

Zest the lemon and squeeze it. Peel the carrots, then again peel the carrots and the zucchini to get thin stripes. Cut finely the shallots and the chive. Clarified the eggs to keep only the yolks.

For the hollandaise sauce

In a pan, melt the butter slowly and keep only the top part which is the clarified butter, reserve it in a warm place. On the side of the stove for example. In a bowl, put the egg yolks with the vinaigre, and whisk it on a bain marie, until it gets foamy. Take it off the stove, continue to whisk with adding the clarified butter gently. Finish with the lemon juice but slowly and the chive.

For the salmon

Remove the skin of the salmon pieces, put it on a baking tray with parchment paper, add olive oil on the top with salt, pepper and the lemon zests, cook it for 8 to 10 minutes.

For the garnish

In a pan with olive oil, sauté the vegetable for 2 to 3 minutes. Add the beans and the shallots, sweat it for two minutes, add the white wine and reduce it half way, put salt and pepper.

For the plating

In a big plate, put the garnish on the center of the plate, top it with the salmon, and couple spoons of sauce around.

Bon appétit!