

Salmon and asparagus rolls, lemon beurre blanc, arugula

Recipe for 4 persons



Description

Blanched asparagus wrapped in a salmon fillet seasoned with pink pepper and baked in the oven for an original presentation, served with a white wine and lemon sauce emulsified with butter on a bed of wild rice.

Note

You can add a few drops of lemon vinegar to your beurre blanc sauce to accentuate the lemon confit flavor.

Ingredients

For the salmon rolls

- 600 Gr Salmon fillet skin-off
- 12 Unit(s) Green asparagus
- 10 Unit(s) Pink peppercorn
- Olive oil
- Salt and pepper

For the arugula salad

- 4 Handful(s) Arugula salad
- 5 Ml Maple syrup
- 30 Ml White balsamic vinegar
- 45 Ml Olive oil
- Olive oil
- Salt and pepper

For the beurre blanc sauce

- 150 Gr White wine
- 4 Unit(s) Shallot
- 150 Gr Salted butter
- 1 Unit(s) Lemon
- 50 Ml White wine vinegar
- Olive oil
- Salt and pepper

For the wild rice

- 160 Gr Wild rice
- 1 Liter(s) Water
- Olive oil
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

General preparation

Break up the asparagus to get rid of the fibrous part and then peel them if they have a large diameter. Finely chop the shallot. Crush the peppercorns using a mortar. Cut butter into cubes and store in refrigerator. Zest the lemon and squeeze its juice. Portion the salmon fillet into 4 equal pieces and butterfly them to get 4 salmon scallops.

Wild rice preparation

Place the rice and water in a pot and bring to a boil with a pinch of salt. Cover and cook on low heat for 45-60 minutes until tender but not burst out. Strain and keep warm.

Salmon roll preparation

Cook the asparagus for about 2 minutes in boiling water or steam them before plunging them into an ice bath to stop cooking. Season the salmon with salt and pink peppercorns, crushed in a mortar previously. Place 3 asparagus in the center of each salmon scallops and roll the salmon around. You can fix the roulade with a bamboo spike. Place the roulade on a baking sheet lined with parchment paper and bake about 8 to 10 minutes until you obtain a medium rare center.

Lemon beurre blanc preparation

In a saucepan combine the shallots, white wine and lemon juice. Let it reduce by about two thirds. Remove from heat and start to stir in the cold butter bit by bit, stirring constantly with a whisk to create a smooth sauce. Finally, add the lemon zest and let it infuse for a few minutes.

Arugula salad preparation

Mix maple syrup and lemon juice with a whisk. Stir in olive oil in a drizzle, then season with salt and pepper. Mix with the arugula at the last moment.

To serve

Use a ring mold to serve a portion of wild rice on your plate. Place a salmon roll on top and drizzle with the lemon beurre blanc. Serve the arugula salad on the side.

Bon appétit!