



Salmon Mi Cuit

1 For the basil oil potato puree, cook potatoes for about 15 min. - the exact duration depends on the size of the potatoes of course, basically until they are soft, then peel. Mash potatoes, beat in butter and milk to desired texture. Almost any cookbook tells you NOT to use a handheld mixer or your puree would get gooey. Ha! BS! It might get gooey, if you use your mixer for several minutes, but if you use it for let's say about 20 seconds, it will be perfectly smooth - never heard the slightest complaint! Finally add salt and strained basil oil to taste (start with about 2-3 tbsp).

2 Heat the cooking oil for the salmon fillets to 35-40°C (95-104°F). Easier said than done ;) I checked the temperature with an older meat thermometer - worked out pretty good, even though I wasn't sure, whether or not to trust this old fossil gadget. Once the cooking oil is at the required temperature, lay the salmon pieces in a casserole dish and pour the oil with its content over them and keep in the oven for about 40 minutes at about 40°C (104°F). Once ready, the flesh will still be light pink/ orange, but it'll be perfectly half-cooked. Mi cuit!

3 Just before you take out the salmon, heat up a table spoon of olive oil in a little skillet. Add the finely diced yellow zucchini and saute for 2-3 minutes. Add a pinch of salt.

4 Now carefully place salmon fillets on a bed of wild rocket, which has been washed, cleaned and dressed with a little olive oil, salt and pepper. Add the basil potato puree as well as the zucchini cubes and drizzle additional basil oil over the potato puree.



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Recipe source: Formulas for Flavor, adaptation

Required time (salmon only): prep. 5 min., cooking 40 min., serves: 2

Ingredients salmon:

- * 2 pieces sushi-quality salmon fillet, 150g each (washed & trimmed, we also cut each in half)

Ingredients cooking oil:

- * 150ml corn oil
- * 150ml olive oil
- * 3 bay leaves
- * 1 large vanilla bean
- * 15-20 peppercorns
- *

* Basil Oil

Ingredients:

- * 150ml olive oil
- * about a hand full fresh basil leaves & half as much fresh parsley leaves

Potato Puree

Recipe source: my mum

Required time: cooking 15-20 min., prep. 5 min., serves: 2-3

- * 6 mid-sized potatoes
- * 2 tbsp butter
- * about 75 ml milk (or even heavy cream!), amount can vary - depending on the desired consistency
- * a good pinch of coarse sea salt

Additional sides

- * 1 yellow zucchini, cut into fine cubes
- * 1 tbsp olive oil
- * wild rocket
- * olive oil