

THIS RECIPE IS OFFERED TO YOU BY BAUDOUIIN MILLET TO ENHANCE YOUR CHARDONNAY.

INGREDIENTS FOR 4 PERSONS

4 SALMON FILLETS WITH SKIN (125 GR EACH)
5 PASSION FRUITS
1 ORANGE FOR JUICE
1 TEASPOON MIRIN (RICE WINE)
A FEW SPRIGS OF FRESH CORIANDER
FOR THE CRUST:
40 GR OF BUTTER 1/2 SALT
60 GR OF GOLDEN BREADCRUMBS
1 TONKA BEAN (VERY FINELY GRATED)
SALT PEPPER



PREPARATION

PLACE THE SALMON STEAKS IN AN AIRTIGHT CONTAINER, SKIN SIDE DOWN. CHOOSE A CAN THAT IS NOT TOO LARGE SO THAT THE MARINADE COVERS THE FISH. IN A CONTAINER, MIX THE GRAINS AND THE PASSION FRUIT JUICE TAKEN USING A SMALL SPOON. SQUEEZE THE ORANGE AND ADD THE PASSION FRUIT JUICE. FINISH BY ADDING THE CHOPPED CORIANDER AND MIRIN (RICE ALCOHOL). MIX AND POUR THE MIXTURE OVER THE SALMON. CLOSE THE CAN AND REFRIGERATE TO MARINATE FOR AT LEAST 1 HOUR.

PREPARE THE CRUST. MELT THE BUTTER IN THE MICROWAVE FOR 30 SECONDS ON HIGH. ADD THE BREADCRUMBS AND FINELY GRATED TONKA BEAN. MIX WELL TO COAT EVERYTHING WITH BUTTER.

PREHEAT THE OVEN TO 220°.

DRAIN YOUR SALMON STEAKS AND REMOVE THE GRAINS. PLACE THE PIECES OF FISH SKIN SIDE DOWN ON A NON-STICK DISH OR ON A SILICONE SHEET. DISTRIBUTE AND PLACE THE CRUST ON EACH PIECE OF FISH. BAKE AT 220° FOR 20 MINUTES OF COOKING. YOUR STEAKS ARE COOKED WHEN THE CRUST IS GOLDEN.

WHILE YOUR FISH COOKS, PREPARE THE SAUCE. FILTER THE MARINADE THROUGH A STRAINER. PUT THE COLLECTED JUICE IN A SAUCEPAN AND REDUCE BY HALF FOR ABOUT 3 MINUTES OVER HIGH HEAT.

ARRANGE BY DELICATELY PLACING THE FISH, ENSURING THAT THE CRUST REMAINS ON TOP OF THE FISH ON YOUR PLATES. POUR AROUND 2 TEASPOONS WORTH AROUND EACH PAVING STONE.

MY ADVICE: DON'T HESITATE TO LET YOUR FISH SOAK UP THE MARINADE. THIS OPERATION ALLOWS YOU TO HAVE A TENDER AND VERY SOFT FISH WHICH CONTRASTS WITH THE CRISPY AND FRAGRANT CRUST. TO ACCOMPANY YOUR STEAKS, YOU CAN ALSO SERVE THEM WITH SWEET POTATO PUREE.