

Salmon

**SUPER SIMPLE!
SUPERFOOD!**



CHILEAN SALMON SALMUERA

YIELD: 4 PORTIONS

TIME: 2 HRS (including brining)



Ingredients:

Salmon

- 1 lb Salmon Fillet, (cut into four – 4 oz portions)
- 1 Qt Water, cold
- 2 oz Salt, Kosher
- 1 oz Sugar, granulated

Salmuera:

- 1 Cup Rice, long grain (if you have more time, use short grain)
- 12 oz. Asparagus (approximately 1 bunch)
- 2 oz. Parsley Leaves (approximately ½ cup)
- 1 oz. Mint Leaves (approximately ¼ cup)
- 1 oz. Basil Leaves (approximately ¼ cup)
- 4 oz. Pistachios, shelled, roasted,
- 2 cloves Garlic, peeled
- 1 oz. Lemon juice
- ½ tsp Korean Chili Flakes (Gochugaru)
- 3 oz. Olive oil
- Kosher Salt – to taste
- Fresh Black Pepper – to taste

Method of Preparation:

- For the brine, combine cold water with salt and sugar, mix until dissolved.
- Add salmon fillet portions to cover. Refrigerate for 45 minutes. Remove from refrigerator, rinse portions, pat dry. Place 2 ounces olive oil in gallon size zipper bag and add salmon portions.
- Preheat - sous vide bath 50°C/122°F. Place fish in bath and cook for 45 minutes.
- Place 1 cup of long grain rice in pot. Top with two cups cold water, pinch of salt and pepper. Cover and bring to a simmer. Cook for 20 minutes until tender.
- For the Salmuera sauce, bring a 2qt pot of water to a boil. Set up a large bowl of ice for shocking. Prepare a large slotted spoon for lifting.
- Remove the woody stalks from the asparagus. Blanch asparagus in simmering water for 30-60 seconds until bright green, then plunge into ice water.
- Blanch mint and basil leaves for 10 seconds, plunge into ice water.
- Blanch parsley leaves for 10 seconds plunge into ice water.
- Pat dry the asparagus and the herbs.
- Trim tips from asparagus and reserve, slice remaining stems into 1 ½ inch pieces.
- Transfer asparagus stems, mint, basil, and parsley to a food processor and pulse with pistachios, garlic, lemon juice, Korean chili flakes, and olive oil until the desired texture is reached. Season with salt and pepper just before serving to preserve the color.
- To serve, remove bag with salmon inside from sous vide bath and gently lift salmon portions onto a plate lined with paper towel to hold. Add ¾ cup Salmuera to cooked rice and gently stir.
- Prepare your favorite vegetable side dish (we love a fresh spring green salad with veggies tossed with salt, pepper, lemon juice and good olive oil). Place ¾ cup of rice mixture on each of four dinner plates. Top the rice with ¾ cup of fresh dressed salad greens and then top with sous vide salmon fillet. Garnish with blanched asparagus tips and any other vegetables you prefer (blanched snap peas, radish, baby turnip).

Equipment Note: *for this preparation you will need a food processor and a sous vide cooker. We prefer Joule by Breville for all sous vide cooking and Breville's Sous Chef 12 cup food processor.*

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