



BOSCH
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Fried Salmon Fillet in an Espresso Ginger Marinade with Mango-Coconut Salsa and Potato Medallions

Overview

Difficulty: Medium

Servings: 4

Preparation Time: 200 mins

Cooking Time: 40 mins

Ingredients

For the salsa:

- 50 g red chili peppers
- 50 g young ginger
- 100 g Thai shallots
- 100 g fresh coconut
- 4 tablespoons coconut milk
- Salt
- 200 ml vegetable stock
- 1 stalk lemongrass
- 1 organic juice orange
- 1 Thai mango
- 1/2 box shiso cress
- Mace
- 1-2 tablespoons fish sauce

For the salmon:

- 30 g ginger (or young ginger)
- 2 garlic cloves
- 1 bunch coriander, preferably with roots
- 1 teaspoon muscovado sugar
- 2 tablespoons fish sauce
- 3 tablespoons cold espresso
- 4 tablespoons neutral oil
- 700 g salmon fillet (scaled, with the skin)

For the potato medallions with parsnips:

- 400 g potatoes (extra fine: purple Vitelotte potatoes)
- 200 g parsnips
- Salt, nutmeg
- 4 tablespoons butter
- 30 g Parmesan
- 1 tablespoon sugar
- 2 teaspoons espresso beans
- Fleur de sel

Plus:

- 4 or 8 crème brûlée moulds

Methods

1. Preparing the salmon fillet

- Peel ginger and slice across the grain. Peel garlic. Rinse coriander and cut several times. Combine these ingredients with sugar, fish sauce, espresso and 2 tablespoons oil in the MaxiMUM mixer attachment and purée finely. Cut salmon fillet into 4 servings (or 6 servings for multi-course meal) and place them in a freezer bag with the marinade. Seal the bag and marinate in the refrigerator for 2 to 3 hours.
- For the salsa, rinse chili peppers, remove stems, and scrape out any seeds within easy reach. Rinse ginger. Peel Thai shallots. Cut chili peppers, ginger, shallots and coconut into thin strips using the Continuous Shredder (Asian vegetable disc).

- In a sauté pan, boil coconut milk until it begins to sizzle (best is the thick layer that settles at the top of the coconut milk tin). Add chili peppers, ginger, shallots and coconut, sauté for 2 minutes while stirring and season lightly with salt.
- Squeeze juice from the orange and add juice and vegetable stock to the sauté pan. Cut lemongrass lengthwise into quarters and remove dry leaves. Cut stalks crosswise into fine strips and add leaves and stalks to salsa. Boil for 15 minutes until most of the stock has boiled away. Peel mango, cut flesh away from the stone and dice finely. Add mango to salsa and boil for another minute. Season to taste with mace and a shot of fish sauce.
- Remove salmon fillets from marinade and season with salt. In a heavy pan, fry in 2 tablespoons oil for 4 minutes with the skin side down. Turn and fry 2 more minutes until done. Arrange salmon fillets, mango-coconut salsa and potato medallions (see right) on plates and garnish with shiso cress.

2. Preparing the potato medallions

- Rinse potatoes thoroughly enough that the peels can be eaten. Peel parsnips. Slice both vegetables thinly using the MaxiMUM Continuous Shredder (disc for thin slicing). (If desired, you can also cut potato and parsnip slices into uniform discs with a biscuit cutter).
- Place parsnip slices in a small saucepan with 1 tablespoon butter and 1 to 2 tablespoons water, cover, braise for 4 minutes and transfer to a bowl. Then place potato slices in the saucepan with 1 tablespoon butter and 1 tablespoon water, cover, braise for 4 minutes and transfer to a second bowl. Season slices with salt and nutmeg. Grate cheese finely and toss them with potatoes and parsnips.
- Preheat oven to 220°C (Convection 200°C). Butter crème brûlée moulds and line with parsnip slices, then distribute potato slices on top. Brown them in the oven on the centre rack for about 20 minutes. Melt remaining butter and occasionally brush the butter onto the potato-parsnip medallions.
- In the meantime, crush espresso beans with the flat side of a large knife blade. In a small saucepan, combine 1 tablespoon sugar and 1 tablespoon water and boil until the sugar caramelises and turns light brown. Add coffee beans and 1/2 teaspoon butter, stir and let it cool on a sheet of baking parchment. While the bean mixture is still hot, season lightly with salt and nutmeg. Chop bean mixture.
- Remove potato medallions from the oven, loosen from the mould using a flexible knife, slide onto plates and garnish with crunchy espresso beans.

Product Used

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