

SALMON FILLET

with broccoli, potatoes
 and white wine sauce

Ingredients	Salmon fillet
700 g	Salmon fillet (cooked)
200 ml	Vegetable stock
100 ml	Cream
40 g	GELEAcold
	Salt, pepper, lemon juice

Ingredients	Broccoli
700 g	Broccoli (frozen)
250 ml	Vegetable stock
30 ml	Rapeseed oil
40 g	GELEAcold
	Salt, nutmeg

Ingredients	White wine sauce
300 ml	Bechamel sauce
100 ml	Dry white wine
100 ml	Cream

Ingredients	Potatoes
500 g	Boiled potatoes
300 ml	Cold milk
200 ml	Melted butter
40 g	GELEAcold
	Salt, nutmeg

Nutrition facts for one serving
 (approx. 240 g)

Energy/Calories	1639 kJ/ 391 kcal
Fat	28.8 g
Of which saturates	14.5 g
Carbohydrates	13.4 g
Of which sugars	5.2 g
Fibre	3.7 g
Protein	16.5 g
Salt	0.6 g

Salmon fillet:

Blend the salmon fillet, vegetable (or fish) stock, cream and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. For a more attractive appearance, sprinkle the silicone mould with a little ground white pepper before filling. Pipe the mass into a "Fish Fillet" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Broccoli:

Blend the broccoli, stock, oil and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into a "Broccoli" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

White wine sauce:

Bring the Bechamel sauce, white wine and cream to the boil, season to taste.

Potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Use a disposable piping bag with a round nozzle to pipe the mass in decorative shapes onto a lined GN baking tray then freeze.

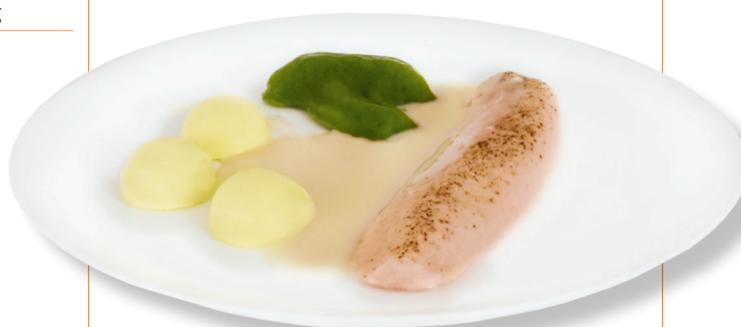
Alternatively: Use two spoons to shape the mass into small dumplings and freeze on a GN baking tray.

Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes. Serve with the sauce.

Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



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