

Slow cooked salmon

Gaggenau Appliance:

Preparation Time: 10 minutes, 30 minutes resting

Cooking Time: 45 minutes

Serves: 6



Ingredients

Salmon

- 1 orange, sliced
- ½ red onion, finely slice
- 3 salmon fillets, skin off
- ½ tsp fennel seeds
- ¼ tsp cumin seeds
- ½ tsp salt
- 4 black peppercorns

Salad

- 1 orange
- 2 tbsp olive oil
- 1 tsp wholegrain mustard
- Salt and pepper
- ½ red onion, finely sliced
- ½ fennel, finely sliced
- Salad greens

Method

Preparation:

Salmon

1. Line the solid stainless steel tray with baking paper.
2. Layer the orange slices and onion on the tray to make a bed for the salmon.
3. Carefully cut each salmon fillet lengthways to make 6 pieces of salmon.
4. Combine fennel seeds, cumin, salt and peppercorns into a spice mill and process to make a powder. Season salmon with all of the spice mix.
5. Place the salmon pieces skin side down on the orange and onion. Leave on the bench for 30 minutes.
6. Preheat oven on Low temperature cooking 75°C. Cook salmon for 45 minutes.

Salad

1. Peel and segment the orange, retaining all juice to make the dressing. Keep the orange segments in a bowl.
2. In a separate bowl, whisk together the orange juice, olive oil, mustard, salt and pepper.
3. On individual serving plates, arrange the red onion, fennel and salad greens.

To finish

Place pieces of salmon along the side of the salad greens. Spoon the dressing over the salad and salmon.

Note

Salmon can also be served on a platter.