



Slow cook confit salmon with mozzarella cheese salad

Ingredients :

- Salmon fillet 1 pc (around 100 g) • Olive oil to cover the salmon
- Rosemary herb 2 stick • Garlic 3 pcs • Shallot 1 pc • Salt - little

Salad ingredients :

- Mozzarella cheese 2 pcs • Assorted tomato - little
- Assorted salad veg. - little decoration • Basil herb - little decoration

Saffron dressing :

- Egg yolk 1 pc • Red wine vinegar 1 tsp • Mustard 1 tsp • Saffron - little
- Olive oil 120 ml • Salt - little • Pepper - little

Sauce :

- Pesto sauce - little

Steps :

1. Set oven to 🔥 hot air convection mode, preheat to 50°C.
2. Put the salmon fillet with seasoning, salt, pepper and herb into the baking tray. Pour the preheated 50°C olive oil into it.
3. Then roast in preheated oven for 30 mins.
4. Prepare salad by cutting the assorted tomato, basil herb and add seasoning with salt, pepper and pesto. Add drained Mozzarella cheese.
5. Mix the ingredients of saffron dressing.
6. Put cooked salmon fillet on top of salad and add saffron dressing to serve.

Tips :

Slow cook the salmon by controlling the temperature at 50°C - 60°C.

Appliance: Electric oven

Cooking Duration: 35 mins (excluding preparation duration)

低溫油封三文魚柳配水牛芝士沙律

Seafood

材料 :

- 三文魚柳 1件 (約100克) • 橄欖油 蓋過三文魚柳
- 露絲瑪莉 2條 • 蒜肉 3粒 • 乾蔥肉 1粒 • 鹽 少許

沙律材料 :

- 水牛芝士 2粒 • 雜蕃茄 適量 • 沙律菜 適量
- 巴西葉 適量

紅花汁 :

- 蛋黃 1隻 • 紅酒醋 1茶匙 • 芥末 1茶匙 • 紅花 少許
- 橄欖油 120毫升 • 鹽 少許 • 胡椒 少許

汁 :

- 意式香草醬 少許

步驟 :

1. 將焗爐調校至 🔥 熱風模式，預熱至50°C。
2. 把三文魚柳，香草，鹽，胡椒放入焗盤內，注入已預熱50°C的橄欖油。
3. 放入已預熱的焗爐內，焗約30分鐘。
4. 預備沙律，把不同款式的蕃茄切開，巴西葉，加入鹽，橄欖油和意式香草醬調味，加已隔水水牛芝士。
5. 混合紅花汁的材料。
6. 把三文魚柳放在沙律上，加紅花汁即成。

貼士 :

三文魚柳用低溫烹調的最佳溫度是50-60度。

電器: 焗爐

烹調時間: 35分鐘 (不包括預備時間)