

Salmon and shrimps on a bed of spinach

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12:21

This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN, Stain less Steel pan, unperforated, 100mm Deep, 3004076

PROFILE

- Chilled 4°C
- 10 Portions
- From Raw

Stage 1
75 °C

- Steam
- 12:21 | 60 °C
- 1

RECIPE

Ingredients

1	kg	Leaf spinach prepared and washed
1.2	kg	Salmon fillet
30	pcs	Shrimp 18/20
20	pcs	Cherry Tomatoes
1	pinch	Salt, Pepper, garlic, ground coriander

1. Food Preparation

Mix the spinach leaves with liquid butter and spices. Place on the greased baking tray. Marinate the shrimps and salmon and brush lightly with olive oil (then it will shine nicely). Place both on the spinach bed and loosely pile the cherry tomatoes on top.

2. Cooking Instruction

Preheat the Convotherm to the desired temperature. Insert the core probe into the salmon (prevents overcooking of the salmon). The low temperature during poaching prevents the protein from escaping from the salmon.

3. Food Serving Instruction

After cooking, transfer the salmon shrimp duo with the spinach to a plate. The accumulated stock can be used to refine an existing sauce or can be used as a base for a suitable sauce. The best accompaniment is boiled potatoes or rice.