

Fillet of salmon with a honey and soy glaze



Ingredients for 6 people

Salmon fillet : 6 x 150 g

Honey : 1 dessert spoon

Soy sauce : 2 dessert spoons

Balsamic vinegar : 2 dessert spoons

Round grained rice : 200 g

Water : 60 cl

White button mushrooms : 100 g

Oyster mushrooms : 100 g

Shallot : 1

Flat parsley : ¼ bunch

Parmesan : 30 g

Butter : 30 g

White wine : 10 cl

Chicken stock : 1 cube

Onion : ½

Piment d'Espelette : a few pinches

Fine sea salt : a few pinches

Olive oil : 5 cl

Recette

Peel the onion and cut it up finely. Saute it in a pan with a splash of olive oil. Add the rice and stir until it glistens. Add the white wine and reduce. Add the chicken stock cube and mix. Add the water gradually until the rice is cooked (about 12-15 mins).

Season the salmon flesh with fine sea salt and piment d'Espelette. In a non-stick pan pour 2 dessert spoons of olive oil, seal the salmon pieces skin side down and turn up the heat progressively until half cooked, then turn the salmon over, sprinkle with soy, balsamic vinegar and honey. Using a paint brush, glaze the skin of the salmon.

Saute the mushrooms and shallot in a splash of olive oil in a frying pan. Add the chopped parsley and season. Add this to the rice and turn off the heat. Mix in the butter to bring it together and finish with grated parmesan. Adjust the seasoning and serve with the salmon.