

Lightly cooked salmon with mayonnaise and a fennel salad



Ingredients for 6 people

Salmon steaks : 6

Dill : 1 bunch

Eggs : 1

Balsamic vinegar : 4 cl

Mustard : ½ teaspoon

Olive oil : 12 cl

Oil : 25 cl

Salt : a few pinches

Lemon : 1

Fine sea salt : a few pinches

Fennel : 3

Pepper : a few grinds of the mill



Recipe

Squeeze the juice from the lemon. Wash the fennel, cut them in two and slice them very finely. Prepare the vinaigrette by mixing the balsamic vinegar, half the lemon juice and the salt and pepper, add 8 cl of the olive oil gradually in a stream mixing vigorously to form an emulsion. Season the salmon with the fine sea salt. Seal it skin side down in a hot frying pan with the rest of the olive oil, turn down the heat and cook gently for 10 mins without turning it over.
To make the mayonnaise :

Separate the yolk from the white of egg. Mix the yolk with the half teaspoon of mustard, a pinch of salt and a few grinds of pepper. Pour in 25 cl oil gradually, whisking continually to obtain a stiff mayonnaise. Add the rest of the lemon juice and keep cool. Whip up the egg white in a bowl to a stiff peak with a pinch of salt and then fold it into the mayonnaise. Dress the fennel with the vinaigrette. Place the salmon skin side up on the serving plates and offer the mayonnaise separately.

