

Salmon cooked 'one-side-only'



Ingredients for 6 people

Leeks : 6

Olive oil : 30 cl

Spring onions : 1

Maldon salt : several pinches

Salmon steaks : 6

Piment d'Espelette : several pinches

Balsamic vinegar : 10cl

Butter : 1 walnut sized piece

Recipe

Peel and finely slice the white onion. Peel and clean the white parts of the leeks. Dice them finely.

Mix the olive oil and balsamic vinegar in a bowl. Season with Maldon salt and piment d'Espelette.

Cook the white onion in a wok **with a splash of oil ?** for a few minutes then add the

leeks, season with Maldon salt and piment d'Espelette. Add the butter, half cover the vegetables with water, put on a lid and cook for 5 mins. Remove the lid and check the seasoning, then evaporate off the cooking liquid.

Season the salmon steaks with salt, cook skin side down only in a frying pan for about 4 mins.

Arrange the leeks on a serving plate, place the salmon steaks on top and drizzle the oil and vinegar 'sauce vierge' around them.