

Salmon with a hazelnut crust and carrots with ginger



Ingredients for 6 people

Salmon steaks : 6

Orange juice : 50 cl

Plain flour : 50 g

Fresh ginger : 40 g

Ground hazelnuts : 40 g

Olive oil : 5 cl

Breadcrumbs : 50 g

Spring onions : 3

Eggs : 1

Salt : a few pinches

Carrots : 800 g

Pepper : a few grinds of the mill

Recipe

Ensure that there is no skin on the salmon steaks and that they are free of bones.

Finely chop the white part of the spring onions. Wash and peel the carrots, slice them diagonally. Peel and chop the ginger into batons the size of matches.

Sweat the onions in a pan in a little olive oil with a pinch of salt. Add the orange juice and ginger and reduce by half. Add the carrots and leave to cook on a gentle heat for 20 mins. Season.

Mix the breadcrumbs and ground hazelnuts together in a shallow dish. Place the flour in a second dish. Beat the egg with a drop of oil in a third dish. Season the salmon steaks. Dip them in the flour, then the egg, and finally the breadcrumb mixture.

Heat the olive oil in a frying pan and seal the salmon steaks on all sides for 1 min 30 secs. Add the carrots to blend the flavours.

Arrange the carrots first on a serving plate and then place the salmon steaks on top.

Chef's suggestion

If you want more of a crust on the salmon, dip them in the egg and breadcrumb mixture a second time, omitting the flour.