

Fish & Seafood

## Poached Salmon



### Ingredients

- 1 Side of salmon with skin
- 15 gr Fine salt (per kg fish)



### Preparation

1. The salmon is trimmed and the bones are removed.
2. The fish is salted and left for minimum 30 minutes to let the salt go into the fish.
3. Put the salmon with the skin facing up in a tray and put in oven.
4. When the alarm sounds from the oven, the salmon is cooked and you can easily remove the skin.



### Cook according to following method:

- Preheat - Steaming function - 65°C - 50% fan speed
- Then load the oven and insert the probe (optional extra at standard ovens) in the thick part of the salmon - probe temperature 54°C



### Chef's Tip

If you want to serve the fish at a higher core temperature, avoid increasing oven temperature too much. E.g. if you want a core temperature at 75°C have the oven set at 80°C. This way you avoid drying out the fish.



### Recommendation of the tray

[HOUNÖ's Eterna® 20 mm tray](#)



Made by Edwin Adkins

