

Salmon with Spinach and Risotto rolled in Puff Pastry



eikon® e2s

02:20

This recipe is available for:

- eikon® e2s SP (1000W)

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

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- 275 °C
- Frozen -18°C
- 1 Portion
- From Raw

Stage 1

- 02:20
- 60 %
- 100 %

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Ingredients

- 200 g Spinach Leaves
- 80 g Salmon
- 1 pinch Salt & Pepper & Nutmeg
- 1 tbs Olive Oil
- 60 g Puff Pastry
- 50 g Saffron Risotto precooked
- 1 pcs Egg Yolk
- 10 g Watercress
- 20 g Vegetables

1. Food Preparation

Wash and blanch the spinach, chill it and squeeze out the excess water. Then season it with salt, pepper, nutmeg and the oil. Season the salmon with salt and pepper. Lay out the puff pastry and spread out the rice on it. Place the spinach and then the salmon on top of the rice. Roll up the puff pastry and fold over the open ends to achieve a closed pocket. Prick the dough with a fork, brush it with the whisked egg yolk and quick-freeze it before you cook it. By order place the salmon roll on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve garnished with the vegetables and sprouts.