

Norwegian Salmon in herbal breadcrumbs with Pount Neuf potatoes and glazed carrot on lemon sauce.

Ingredients :

- *Fish:*

- *Norwegian salmon*
- *Dried bread*
- *Basil*
- *Parsley*
- *Oil*



Lemon sauce:

- *White wine*
- *Lemon grass*
- *Cream*
- *Lemon*



- *Glazed carrot:*

- *Carrot*
- *Orange juice*
- *Thyme*
- *Sugar*



- *Pount Neuf Potatoes:*

- *Potatoes*
- *Clarified butter*
- *Salt*

Fish

Clean the salmon, dry it. Prepare the breadcrumbs. Put the bread and fresh basil and parsley in blender and blend it for a while. Coat fish in beaten egg and breadcrumbs prepared before. Fry in average amount of hot oil.

Sauce

Reduce white wine with lemon grass. Add a cream and reduce again. Blanch the lemon. Add grated zest and juice of half lemon.

Carrot

Clean and peel the carrot. Boil in small amount of orange juice with fresh thyme. When carrots are done add sugar and reduce the sauce.

Potatoes

Clean and peel the potatoes. Cut in cuboids 2x2x7cm. Boil them for a while and then fry in clarified butter.

Dawid Domagalski

Klasa IIITK

Zespół Szkół Gastronomiczno-Hotelarskich

Bytom

Ul. Żeromskiego 26