

SALMON WITH SHRIMP SAUCE, MUSHROOMS AND CAPERS OR POISSON LA BELLE MEUNIÈRE



Ingredients (serves 4 people):

800 g skinless salmon fillet and preferably the thickest part and if you prefer white fish fillets such as trout

Salt to taste

Black pepper to taste

4 tbsp olive oil

4 tbsp unsalted butter

200 g clean shrimp without shells and heads

1 crushed garlic clove

4 tbsp drained capers

100 g fresh or pickled sliced Paris mushrooms

1 Sicilian lemon cut into slices

Chopped parsley to taste

200 g boiled baby potatoes

Basil leaves to taste

White sesame seeds to taste

Black sesame seeds to taste

Preparation:

1. Season the salmon with salt and pepper.
2. Put 2 tablespoons of olive oil on both sides of the salmon.
3. Put a platter and place in an oven preheated to 180° C for 30 minutes.
4. Season the shrimp with salt and pepper.
5. In a fry pan heat 2 tablespoons of olive oil with 2 tablespoons of butter.
6. Lightly fry the garlic.
7. Add the shrimp and braise until pink.
8. Add and braise the mushrooms.
9. Add the capers, braise and reserve.
10. Remove the salmon from the oven and put a platter.



11. Put the mushrooms, capers and shrimp braise on top.
12. Sprinkle white and black sesame seeds.
13. Finish with chopped parsley and decorate with basil leaves to taste.
16. Serve with Jasmine rice.
17. Decorate with Sicilian lemon cut into slices.