

Soup with salmon pastries

CUISIMAGES

Ref :
1808

Type :
Soup

Preparation :
20 min
Rest:

Cooking :
30 min

Cost :


Difficulty :


Origin :




For 4/6 persons

- 600 g steak of salmon
- 1 carrot / 1 onion
- 1 glass of white wine
- 2 tablespoons of fish stock
- 1 tablespoon of lemon juice
- 1 egg and 125 ml of single cream fresh
- 3 black peppercorns
- Parsley / Salt and white pepper



Peel carrot and onion and cut into large chunks.

Remove skin and bones of salmon.

Set aside 200 g of fish and refrigerate.



In a pan, place bones, skin and the remaining salmon. Add wine, fish stock, lemon juice, carrot and onion, black peppercorns and chopped parsley. Cover with 1 litre of water.

Bring to a boil, reduce fire, cover and cook for 15 min.



Mix salmon in a food processor and add the fresh white of the egg.



The mashed salmon becomes pink and creamy.

Whip the cream.



Incorporate cream and salmon.

Strain soup in another pan on medium heat.



Form small pastry balls using a teaspoon and plunge them into hot soup. Cook 2 min, flip pieces, and cook 1 min more.

Distribute in the plates.

Strain soup again, bring to a boil and pour on salmon pastries.



Recommandation

Note: the cream must be cold, as well as the bowl - if not it will be difficult to whip the cream.

Variante Wine