

SALMON STEAMED IN CABBAGE LEAVES WITH BROCCOLI AND FAVA BEANS

METHOD	INGREDIENTS
<ul style="list-style-type: none">• Boil broccoli and Brussels sprouts and season with oil and lemon juice.• Skin the salmon and clean it.• Cut the salmon filet into pieces (100g each).• Blanch a cabbage leaf for a little while.• Wrap the fish in the cabbage leaf.• Steam for about 10 minutes. • Make the coral: mix the ingredients and cook the mixture in a non-stick pan for about 3-4 minutes. • Make the beet foam: mix the ingredients with an immersion blender and collect the foam. • Make a reduction with the balsamic vinegar: reduce the vinegar in a saucepan with a teaspoon of sugar on low flame for 30 minutes. • Serve with salt, olive oil, the vinegar reduction, the coral decoration, the broccoli and the Brussels sprouts. Add some pepper powder, dry flowers, the beet foam and the red currants.	<ul style="list-style-type: none">• 480gr salmon• 200gr Savoy cabbage leaves• Extra virgin olive oil• 50gr fava beans• 100gr Brussels sprouts• 200gr broccoli;• Sweet red pepper powder.• edible dried flowers• 50g red currants• 100g balsamic vinegar of Modena• 5g sugar• Salt • Foam: water with beet juice and one tablespoon of soy lecithin • Coral: 100g water, 50g oil, 20g flour