

CRISPY SALMON

WITH POLENTA CHIPS



INGREDIENTS *(for 4 persons)*

- 4 skin-on **salmon** steaks
- 900 ml **vegetable or chicken stock**
- 200g **polenta**
- 20 slices of **pancetta**
- 250g **asparagus** spears
- 50g unsalted butter

- 4 tbsp olive oil
- 1 stalk of fresh rosemary, parsley and garlic
- 1 zest of lemon

PREPARATION

Making the polenta chips

1. **Bring the stock to the boil in a large saucepan.** Reduce the heat to a fast simmer and, using a spatula, gradually **stir in the polenta**. Add the rosemary and season with salt and pepper. Cook for 4–5 minutes, stirring constantly, until large volcanic-like bubbles form. The polenta will swell and become really thick. Don't leave for a minute or it could become lumpy. Pour the mixture into a prepared tin and smooth the surface with the back of a spoon. Leave aside to cool for 20 minutes.
2. **Once the polenta is firm, carefully pull it out of the tin** and cut it into 10 x 2 cm wide strips. Being careful not to break the chips, **wrap a slice of pancetta** around the middle of each one. These can be prepared to this stage a day ahead of time, in which case, cover with cling film and keep in the fridge.

Preparing the salmon and sauce

3. **Heat two large frying pans on a high heat** and drizzle a tablespoon of oil into each one.
4. In the first one : Fry your polenta chips for about 2 minutes on each side. Use a small slice to avoid breaking them while turning them over.
5. In the second one : Season the salmon with salt and pepper. Once the oil is hot in the pan, place the fish *skinside down* and leave to cook for about 4 minutes. Saute the asparagus in the same pan, tossing occasionally. Once the fish has had its time, flip it over and let it cook for 4 minutes on the other side. The salmon can be cooked to your liking, either with a little pink in the centre or cooked completely through.
6. **If you want to make a sauce**, simply melt butter in a small saucepan, add finely chopped parsley, garlic and lemon zest and season to taste.
7. **This is how I propose to prepare each serving plate.** *Level 1* : polenta chips. *Level 2* : Asparagus. *Level 3* : Salmon. If you made the optional sauce, pour this over the top now, and serve at once with lemon wedges.