

Miele

Crispy skin salmon

By Miele

10 minutes

Preparation time

17 minutes

Cooking time

6-8 servings

Serves



INGREDIENTS

Crispy skin salmon

3 x 200g salmon portions, skin on
Grapeseed Oil
Salt flakes

Japanese rice

400 g sushi rice
600 ml water

To serve

Seaweed salad or Turmeric miso salad
Japanese mayonnaise
Cucumber, sliced

METHOD

Crispy skin salmon

1. Preheat oven on Full Grill setting 3 for 10 minutes.
2. Place salmon, skin side up on baking paper on a grilling and roasting insert, placed in the universal tray.
Ensure the baking paper is tucked under the salmon so that it does not burn from the grill.
3. Lightly brush with a little grapeseed oil and season with salt.
4. Place the tray on shelf level 3 and select Combi Mode: Full Grill Level 3 + 7 minutes + 80% moisture.
5. Remove salmon from the oven and serve immediately.

Japanese rice

1. Place the rice into a fine sieve and wash under running water until the water runs clear. Allow to drain well.
2. Place the rice into an unperforated steam container and add the water.
3. Steam at 100°C for 17 minutes.

To serve

1. Serve salmon with steamed Japanese rice, salad, cucumber and Japanese mayonnaise.

Alternative appliance method

Induction

- Cooking fish on the induction cooktop is a great way to achieve crisp skin.
- Preheat a frying pan or gourmet oven dish on high heat, induction setting 8. Place the oiled fish skin-side down onto the hot pan. Place a fish weight on the top of the fish (pressing a flat spatula firmly onto the fish works well too). Cook for 2-3 minutes or until the fish moves easily in the pan.
- Flip the salmon and cook on the other side for 2-3 minutes or until cooked to your liking.
- Rest the fish for 2 minutes before serving.

Hints and tips

- Crispy skin salmon is also nice served with Miele's Turmeric miso salad.