



Steamed Salmon Fillet with Garnish

*Recipe by:
Miele Puresteam Cookbook – The Wellness
Edition*

*Serves:
1 person*

Ingredients:

| | |
|---------------------|----------|
| Fresh salmon fillet | 150g |
| Fresh dill | 1 piece |
| Shallot | 2 pieces |
| Lemon Juice | 4 pieces |

Garnish (optional)

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|-------------------|--------------|
| Mixed bell pepper | half of each |
| Cherry tomato | 4 pcs |

Seasoning

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|-----------------|----------|
| Olive Oil | 1 tbsp |
| Salt and pepper | to taste |

Method:

1. Cut tomato in half. Finely sliced peppers. Chop up the dill and slice shallot into fine pieces. Mix well with lemon juice and olive oil in a large bowl.
2. Pat dry the salmon and season with salt and pepper.
3. Lay seasoned pepper on a piece of foil. Put the salmon and other ingredients on top and wrap the foil into a parcel. Place it in the Miele steam oven at 80°C for 8 minutes. Serve hot.

Cooking tips:

- Soaking salmon in milk for 30 minutes can eliminate the fishy odour. You may adjust the cooking temperature and time to suit your preference.
- If you want to steam fish at the traditional 100°C, cooking times must be calculated precisely according to the thickness of the fish. One little mistake can make a fish delicate texture tough and unappetizing. To ensure steamed fish are cooked properly, getting the right cooking temperature is key, ideally between 80-90°C. This allows you to keep a very fine texture and the natural fat in the fish, even if the cooking time is a bit too long. This technique is difficult to achieve with a Chinese wok, but it's an easy job when you use the Miele steam oven.

