

Salmon "Nambanzuke"

Sommelier's accord



A fresh and fruity Coteaux du Giennois white wine with mineral notes.

Serve between 8 and 10°C



INGREDIENTS (for 4 persons)

- 500g raw salmon
- Flour for dusting
- 150g in total of fresh onions, carrots and celery
- 60ml (approx) cooking oil (such as sunflower oil)

For the marinade:

- 30ml red wine vinegar
- 30ml soy sauce
- 30ml water
- 10g sugar
- 5ml sesame or walnut oil

PREPARATION

1. Cut the salmon into bite size pieces. Cut the carrot into matchsticks, and thinly slice the onion and celery. Soak the sliced onion in some water for about 10 minutes in order to reduce the sharpness, then pat dry with a paper towel. In a bowl, combine and mix together the ingredients for the marinade.

2. Lightly dust the salmon pieces with flour. Pour oil into a frying pan, warm on medium heat. Cook the salmon until the outside are crispy. Once done, remove from the pan onto some paper towels and drain. Place the salmon into the marinade while still hot, together with the vegetables, and lightly stir. Once the salmon has cooled, give it another stir, then marinate further. (In order to allow the flavours to fully blend, we recommend you marinate for about 3 hours.)

Dish the salmon onto a plate together with the vegetables and pour over some of the marinade. You may also garnish with herbs if you wish.

* This dish will keep in the refrigerator for up to 3 days.

