

SALMON WITH NEW FLAVORS

Ingredients

Pomegranate

Salt and Pepper

olive oil

Lemon

Coriander green

green onion

Zucchini

A carrot

A piece of salmon 200 gr

Salmon in the oven with vegetables:

A tablespoon of olive oil

2 pieces of garlic

Green thyme

Juice of one lemon

Salt and Pepper

50 g butter

100 grams of cream

A piece of salmon 200 gr

Salmon with lemon and cream sauce:

20 ml of milk

25 grams butter

One potato

pistachio

basil

Orange peel

Clove garlic

50 g butter

A tablespoon of olive oil

Pinch of pepper

Pinch of salt

A tablespoon of honey

Orange juice

A piece of salmon 200 gr

Ingredients

Salmon with orange sauce and honey

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Directions

Salmon With Orange Sauce And Honey: We take a piece of salmon and clean with salt on it, wait a little time to drink the salt and come out some of the water, then take a lemon and squeeze it, then put it in a frying pan on a low heat and wait a while for it to evaporate and become heavy then we take another frying pan and put the gossip in it from Oil oils, then we fry the salmon for five minutes, add a little honey to the lemon juice, then clean butter, garlic, and lemon peel on the salmon in the pan, turn it a little, then turn off the heat. Add butter to the lemon juice, wait a little and then put it on fire. In another bowl, put the boiled potatoes and butter, then add a little milk, pepper, salt and oregano to them, then we leave you and so they are ready to serve

Salmon With Lemon And Cream Sauce: We take a piece of salmon and separate the peel from it. We put the peel on a butter paper in an oven tray and put a little olive oil on it, then cover it with butter paper and put something heavy on it, and put it in the oven at 150 degrees for a period of 5-10 minutes. We take a piece of salloum and put salt and pepper on it, then put in a frying pan a little olive oil and fry it. For the sauce we squeeze a lemon, chop the garlic, in a frying pan we put the butter and then add the garlic, we cut the green thyme and put it in the pan with butter and garlic and add lemon juice and cream to them, we stir them and add salt and pepper, leave it a little on the fire and so it becomes ready To serve Oven salmon with vegetables: In a tray in which we put butter paper, put carrots, zucchini and onions on top of each other and put a lemon on top and put a piece of salmon on top. We sprinkle salt and pepper, then put coriander and olive oil. We close the butter paper on it very well. We put it on the oven at a temperature of 200 for a period of 5-7 minutes. Then it is ready to be served

C H E F O M A R

Bon Apetit!