

Wild Salmon Sous Vide with Lemon Wasabi Aioli



Serves 4

INGREDIENTS:

4 (6 to 8 ounce/180 to 240 g)	salmon fillets, skinned, and pin bones removed
3 tablespoons (45 ml / 54 g)	kosher salt
1 tablespoon (15 ml / 26 g)	whole black peppercorns
2 cups (500 ml)	water

For the Aioli:

¼ cup (60 ml)	mayonnaise
2 cloves	garlic, pressed
1 tablespoon (15 g)	fresh chives 韭菜, finely chopped



½ lemon – zest only
1 tablespoon (15 ml)

wasabi paste 青芥末



INSTRUCTIONS:

- Fill the water oven with hot tap water and preheat to: 116F/47C for rare; 126F/52C for medium rare; or 140F/60C for medium.
- In a large zip closure bag prepare brine by completely dissolving the salt in the liquid. Slip the salmon into the brine, making sure it is covered by the liquid; toss in the peppercorns; seal the bag and refrigerate for 20 to 30 minutes.
- Meanwhile, in a small bowl, mix together all ingredients for the aioli, blending well; cover and refrigerate until ready to use.
- After 20 minutes, remove the fish from the brine, and discard the liquid. Rinse fish well under cool, fresh water; pat dry with paper towels.

- Vacuum/seal each portion of fish in its own food-grade cooking pouch and cook at your preferred degree of doneness for 15 to 20 minutes. (It can go 30 to 40 minutes without becoming overly tender.)
- Remove from the cooking pouch, and, if desired, sear one side of the fish in a lightly oiled hot skillet, on the grill, or with a kitchen torch.
- Top with a dollop of aioli, add a sprinkling of fresh chives, and serve.

Salmon is delicious hot or cold.

To serve cold:

- Remove the salmon from the water oven and quick chill it in its cooking pouch, submerged in an ice water bath, for at least 20 minutes.
- Serve topped with the aioli on a bed of fresh greens or with fresh asparagus.