



Hazelnut Salmon Fillet

Cooking time: 16 minutes

Ingredients :

- 15ml Water
- 12 Asparagus
- 800g Salmon Fillet cut in 4 Portions
- 20ml Hazelnut Oil
- Salt And Pepper
- 50g Crushed Hazelnuts
- 30ml Balsamic Vinegar
- 15ml Honey

Preparation :

Put water, asparagus side to side into the *CromoTanium* frying pan then add the salmon. Distemper the salmon with hazelnut oil, salt and pepper. Mix balsamic vinegar and honey in a bowl. Add to the salmon and close the lid. Put the *CromoTanium* frying pan on the stove at medium heat. When the temperature reaches 30°C, decrease the heat to medium/low. Keep on cooking till temperature reaches 50°C, and then serve with Pulao raisins.