

SALMON WITH BEET ROOT RICE, CAPER CREAM AND STEAMED ITALIAN SQUASH



Category: Fish and meat
main courses

Created: on 2022-01-12
Suggested by: Kitchen
Center Chile
Total preparation time:
39:10 Minutes

Suitable for machine:
- Supercook SC350
- Supercook SC400

INGREDIENTS FOR 8 SERVES

6 o 8	fresh salmon loins, without skin or bones
30 milliliter	olive oil
350 gram	rice
2	Italian zucchini cut into 0.5 cm slices.
2 teaspoon	dried dill
1/2	onion cut in two
1 clove	garlic
30 gram	butter
300 milliliter	crema de leche (35% de grasa)
1	crumbled vegetable stock cube
3 tablespoon 15ml	concentrated tomato
100 gram	capers
12 gram	cornstarch (dissolved in 40 ml of cold water)
1	raw beets cut into eight pieces
500 milliliter	water, hot
500 milliliter	water, cold
	salt and pepper to taste
1 tablespoon 15ml	oregano

STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).

TOOLS



Spatula



Vapore



Steaming basket