

Ç?t?r So?anl? Somon

Ç?t?r so?anl? somon tarifi - F?r?nda pi?en sa?l?kl? ve lezzetli somon fileto. Sar?msak, misket limonu ve susam ile enfes tatlar.

10 min

HAZIRLIK

25 min

PI?IRME

35 min

TOPLAM

2

PORSIYON

Medium

ZORLUK

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Malzemeler

- 2 slice salmon
- 4 tbsp olive oil
- 3 clove garlic
- 2 bay leaf
- 1 lemon
- 1 red onion
- 1 tbsp sesame
- 0 salt

Yap?l???

- Prepare the oven**

Preheat your oven to 190°C (375°F) and lightly grease a baking dish large enough to hold 2 salmon fillets.
- Make the aromatic oil**

Heat 4 tablespoons olive oil in a small saucepan over low heat until warm but not bubbling, about 2-3 minutes.
- 3** Add 3 minced garlic cloves and 1 bay leaf to the warm oil. Cook gently, stirring occasionally, until the garlic is fragrant and lightly golden, about 3-4 minutes.
- 4** Remove the saucepan from heat and let the infused oil cool for 5 minutes. Remove and discard the bay leaf.
- Prepare the salmon**

Place 2 salmon fillets in the prepared baking dish, leaving space between them. Arrange lemon slices under and on top of each fillet.
- 6** Drizzle the cooled garlic oil evenly over the salmon fillets and season with sea salt. Bake for 15-20 minutes, until the salmon flakes easily with a fork and reaches an internal temperature of 63°C (145°F).
- Make the crispy onions**

While the salmon bakes, heat 1 tablespoon olive oil in a large skillet over medium heat. Add the thinly sliced red onion and cook, stirring frequently, until golden brown and caramelized, about 8-10 minutes.
- 8** Add sesame seeds to the caramelized onions and cook for 1-2 minutes more, stirring constantly, until the seeds are golden and fragrant.
- Serve**

Remove the salmon from the oven and let rest for 2 minutes. Top each fillet with the crispy sesame onions and serve immediately.

?puçlar?

Somon sat?n al?rken güvenilir bal?k sat?c?lar? tercih edin ve bal???n taze koktu?undan emin olun. G?zler berrak, etler s?k? olmal?d?r.

Somonu pi?irmeden 15-20 dakika ?nce buzdolab?ndan ??kar?n. Oda s?cakl???na gelen bal?k daha e?it pi?er.

Bal??? durulamay?n, ka??t havlu ile nazikçe kurulay?n. Fazla nem, pi?irme s?ras?nda bal???n su salmas?na neden olur.

So?anlar? karamelize ederken acele etmeyin. D?ük ate?te yava? yava? kavurmak, do?al ?ekerlerinin ortaya ??kmas?n? sa?lar.

Susamlar? kavururken sürekli kar??t?r?n, çok çabuk yanabilirler. Alt?n sar?s? renk ald?klar?nda hemen ate?ten al?n.

F?r?n s?cakl???n? çok yüksek tutmay?n. Yüksek s?cakl?k bal???n üzerinde beyaz protein tabakas? olu?mas?na neden olur.

Servis s?ras?nda taze maydanoz, dereotu veya taze nane ile süsleyin. Bu, hem görsel hem de lezzet aç?s?ndan fark yarat?r.

Misket limonu bulamazsan?z s?radan limon da kullanabilirsiniz, ancak misket limonu daha az ac? ve daha aromatiktir.