Salmon with sweet potato, broccolini, and awesome fish sauce

Ingredients



Homemade Mashed Potatoes:
♥ 1 kg potatoes (peeled weight)
♥ 50 g butter
♥ 2 dl whole milk
♥ sea salt

Fish Sauce with Sweet Mustard:
♥ 1 shallot
♥ 3 tbsp butter
♥ 3 tbsp wheat flour
♥ 1 fish stock cube
♥ 1.5 dl water
♥ 4 dl milk
♥ 1 tbsp white wine vinegar
♥ 1 tbsp brown sugar
♥ 1 tbsp sweet mustard (see tips)
♥ 1 tbsp butter
♥ ground salt and pepper

Oven-Baked Sweet Potato and Yellow Turnips:
♥ 1 large sweet potato
♥ 3 yellow turnips
♥ 1 tbsp olive oil
♥ ground salt and pepper

Broccolini:
♥ 200 g broccolini

Fried Salmon Fillet:
♥ 1 tbsp olive oil
♥ 1 tbsp butter
♥ 4 salmon fillets (500 g)
♥ ground salt and pepper
♥ fresh thyme

Instructions

Homemade Mashed Potatoes (see separate post **HERE**):
Peel the potatoes and cut them into smaller pieces. Place them in a medium-sized pot. Fill the pot with water so that the water covers the potatoes well (do not add salt to the water). Boil the potato pieces until they are completely tender. Drain the water.

Mash the hot potato pieces with a potato masher (do not use an immersion blender). First, add the butter to the pot, and use the potato masher to mash the butter evenly into the hot mashed potatoes as it melts. Then add the milk. Now use a wooden spoon or similar to stir in the milk (add a little extra milk if you find it too thick). Season the mashed potatoes with salt.

Fish Sauce with Sweet Mustard (see separate post **HERE**)*:*
Finely chop the shallots and place them in a pot. Add butter and place the pot on medium heat. Let the onion pieces simmer in the hot butter for a couple of minutes.

Whisk in the flour and crumble in the fish bouillon. Gradually add water and then milk, while whisking the sauce. Let the sauce simmer for a couple of minutes until you see it thickening.

Season the sauce with white wine vinegar, brown sugar, sweet mustard, ground salt, and pepper. At the very end, whisk in an extra dollop of butter.

Oven-Baked Sweet Potato and Yellow Turnips:
Peel the sweet potato and turnips and slice them. Spread the slices on a baking paper-covered baking tray. Drizzle with olive oil and grind over salt and pepper. Place the baking tray in the middle of the oven at 200°C for about 15 minutes, until

the sweet potato slices are tender.

Broccolini:
Place broccolini in a pot with lightly salted water. Let the broccolini simmer for about 3 minutes, until it has become tender.

Pan-Fried Salmon Fillet:
Pan-fry the salmon fillet in oil for a couple of minutes on each side, so that the fish pieces get a nice sear. Grind over salt and pepper. Add a bit of butter to the pan and spoon the butter over the fish. Remove the pan from the heat while the salmon is still a bit pink inside. Let the salmon fillets rest for a couple of minutes before serving.

Serving:
Serve freshly cooked salmon fillets with homemade mashed potatoes, broccolini, and oven-baked slices of sweet potato and yellow turnips. Pour over warm fish sauce and garnish with fresh thyme.

Tips

♥ I recommend starting by preparing the mashed potatoes and the fish sauce. Both can be gently reheated just before serving. Then I put sweet potatoes and yellow turnips in the oven. While these bake in the oven, I cook the broccolini and fry the salmon fillets.

♥ The side dishes can of course be varied based on what you like and have on hand. Use the vegetables you have, and mashed potatoes can be replaced with boiled or fried potatoes.

♥ Be careful not to overcook the salmon fillets. I like to prepare the side dishes and fry the salmon at the very end so that the fish is juicy, warm, and tender inside when served.

© 2004 - 2026: Life is sweet. All rights reserved.

Source URL: https://dev.detsoteliv.no/en/recipe/salmon-sweet-potato-broccolini-and-awesome-fish-sauce