

Steamed Salmon & Baby Spuds with Beurre Blanc

Use either the [Viking Combi Steam Oven](#), the [Kuppersbusch Combi Steam Oven](#) or the [Kuppersbusch Steam Oven](#).

This is a very simple yet elegant supper, which can be prepared and ready to eat in 17 minutes!!!

Let's say we're cooking for 6. So you'll need six pieces of salmon fillet. The best to buy is Clare Island Organically Farmed Salmon. This is available from most good fishmongers.

Half the baby spuds and place them on the perforated trivet tray supplied with your oven. Fill the reservoir with fresh water and turn the oven on to steam. Place the spuds in the oven with the flat tray on the bottom to collect any water.

Set the timer for 10 minutes.

Now, you have to make the Sauce.

This is a traditional Beurre Blanc, which literally means 'white butter', a great sauce for fish, and as the fish is steamed, and so are the potatoes, it's no harm to go with a little bit of butter sauce...after all a little bit of what you like is good for you!

Beurre Blanc

25g shallot, finely chopped

1 tbsp white wine vinegar

1tbsp dry white wine

50ml butter – cut into cubes.

Put the chopped shallot and the liquids into a heavy based pot. You can put a sprig of thyme in too, which is lovely with fish. Reduce this liquid to about half. Then using your whisk, gradually add the butter cubes. You will end up with a lovely buttery sauce. You can strain out the shallots if you like, but I never bother. Don't boil this sauce, you can keep warm over very low heat until your food is ready.

After the 10 minutes have lapsed, put the fish in the steamer. Don't even season it, as there's plenty seasoning in the sauce.

Set the timer for 7 minutes. Now your fish and your potatoes are cooked. Serve with the beurre blanc and some steamed broccoli or a simple salad. A delicious, almost healthy! Summer supper.