



## *Buckwheat Finger-Fish, zucchinis, mushrooms and red peppers*



25 min  
Moderate

### Pour 4 persons

#### Finger-Fish <sup>(1)</sup>

- 4 pure buckwheat galettes with Guérande salt 27 cm (7123)
- 4 Salmon steaks
- 1 bunch of basil
- Olive oil, salt, pepper, Espelette chili pepper

#### Red pepper Coulis <sup>(2)</sup>

- 2 Big red peppers
- 2 shallots

#### Sautéed vegetables <sup>(3)</sup>

- 2 Zucchinis
- 250g Mini Paris mushrooms
- Thym, garlic, rosemary (facultative)
- Olive oil

#### <sup>(1)</sup> Finger-Fish

- Spread and cut strips as large as the salmon steaks.
- Glaze with olive oil, season the salmon with salt, pepper, chili pepper and basil. Then, roll the salmon in the galette strip.
- Cook over high heat for 2 minutes on each faces.

#### <sup>(2)</sup> Red pepper coulis

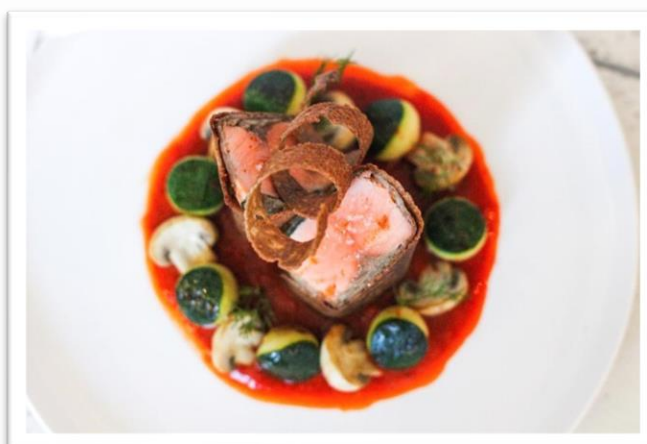
- Slice and cook the shallots in olive oil. Remove seeds from the red pepper, slice and add it. Add a little bit of water, cover and cook over low heat for about 20 minutes.
- Mix it in a Blender and season with salt and pepper.

#### <sup>(3)</sup> Sautéed vegetables

- Cut the zucchinis and Paris mushrooms. Stir-fry the vegetables with olive oil then season them.

#### Assembly

- Pour a clean round of red pepper coulis, plate nicely the garnish. And then put at the center of the plate the Buckwheat Finger-fish.



[www.lemondedescrepes.com](http://www.lemondedescrepes.com)