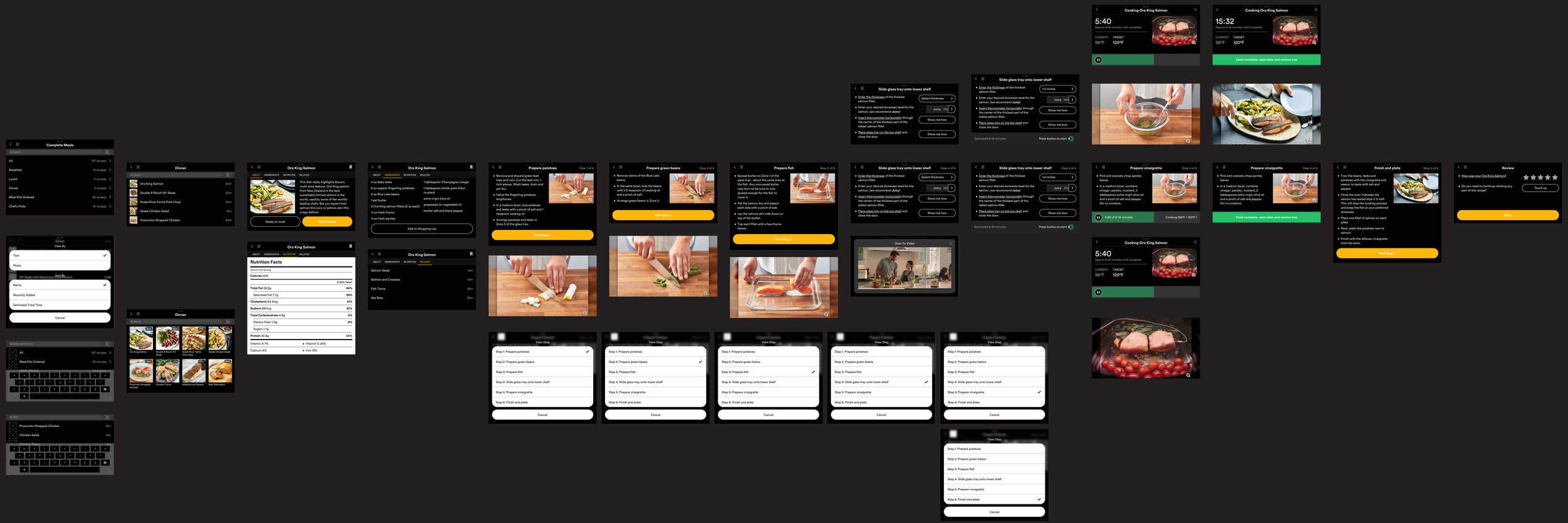
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Prosciutto-Wrapped Chicken 15m
Chicken Salad 15m
Dinner
Ora King Salmon 20m
Double R Ranch NY Steak 20m
Snake River Farms Pork Chop 20m
Greek Chicken Salad 15m
Prosciutto-Wrapped Chicken 30m
Dinner
Ora King Salmon
Double R Ranch NY Steak
Snake River Farms Pork Chop
Greek Chicken Salad
Prosciutto-Wrapped Chicken
Chicken Tacos
Meatloaf and Greens
Beef Wellington
Ora King Salmon
ABOUT INGREDIENTS NUTRITION RELATED
This dish really highlights Brava's multi-zone feature. Ora King salmon from New Zealand is the best sustainably farmed salmon in the world, used by some of the world's leading chefs. Bet you haven't had salmon this juicy or salmon skin this crispy before!
Ready to cook
Start Recipe
Ora King Salmon
ABOUT INGREDIENTS NUTRITION RELATED
Nutrition Facts
Amount Per Serving
Calories 409
% Daily Value*
Total Fat 28.8g 44%
Saturated Fat 7.7g 39%
Cholesterol 93.3mg 31%
Sodium 897mg 37%
Total Carbohydrate 4.6g 2%
Dietary Fiber 1.9g 8%
Sugars 1.7g
Protein 32.8g 65%
Vitamin A 7% • Vitamin C 26%
Calcium 4% • Iron 13%
Ora King Salmon
ABOUT INGREDIENTS NUTRITION RELATED
4 oz baby leeks
8 oz organic fingerling potatoes
5 oz Blue Lake beans
1 pat butter
3 Ora King salmon fillets (5 oz each)
½ oz fresh thyme
½ oz fresh parsley
1 tablespoon Champagne vinegar
1 tablespoon whole grain Dijon mustard
extra virgin olive oil
grapeseed (or vegetable) oil
kosher salt and black pepper
Add to Shopping List
Ora King Salmon
ABOUT INGREDIENTS NUTRITION RELATED
Salmon Salad 15m
Salmon and Crackers 10m
Fish Tacos 23m
Sea Bass 25m
Prepare potatoes
Step 1 of 6
Remove and discard green leek tops and root. Cut the leek into 1 inch pieces. Wash leeks, drain and pat dry.
Halve the fingerling potatoes lengthwise.
In a medium bowl, toss potatoes and leeks with a pinch of salt and 1 teaspoon cooking oil.
Arrange potatoes and leeks in Zone 3 of the glass tray.
Next Step >
Prepare green beans
Step 2 of 6
Remove stems of the Blue Lake beans.
In the same bowl, toss the beans with ½ teaspoon of cooking oil and a pinch of salt.
Arrange green beans in Zone 2.
Next Step >
Prepare fish
Step 3 of 6
Spread butter on Zone 1 of the glass tray - about the same area as the fish. Any uncovered butter may burn so be sure to only spread enough for the fish to cover it.
Pat the salmon dry and season each side with a pinch of salt.
Lay the salmon skin side down on top of the butter.
Top each fillet with a few thyme leaves.
Next Step >
Slide glass tray onto lower shelf
Step 4 of 6
Enter the thickness of the thickest salmon fillet.
Enter your desired doneness level for the salmon. See recommend. delay!
Insert thermometer horizontally through the center of the thickest part of the tallest salmon fillet.
Place glass tray on the top shelf and close the door.
Select thickness
Juicy Well
Show me how
Estimated 8-16 minutes
Press button to start
How-To Video
Cooking Ora King Salmon
5:40
Approx 8-16 minutes until complete
CURRENT 96°F
TARGET 120°F
Cooking Ora King Salmon
15:32
Approx 8-16 minutes until complete
CURRENT 96°F
TARGET 120°F
Cook complete, open door and remove tray
Prepare vinaigrette
Step 5 of 6
Pick and coarsely chop parsley leaves.
In a medium bowl, combine vinegar, parsley, mustard, 2 tablespoons extra virgin olive oil and a pinch of salt and pepper. Stir to combine.
8:40 of 8-16 minutes
Cooking (96°F / 120°F)
Finish and plate
Step 6 of 6
Toss the beans, leeks and potatoes with the vinaigrette and season to taste with salt and pepper.
Once the oven indicates the salmon has rested slice it in half. This will stop the cooking process and keep the fish at your preferred doneness.
Place one fillet of salmon on each plate.
Next, plate the potatoes next to salmon.
Finish with the leftover vinaigrette from the bowl.
Next Step >
Review
How was your Ora King Salmon?
Do you need to continue cooking any part of the recipe?
Touch up
Done
View Step
Step 1: Prepare potatoes
Step 2: Prepare green beans
Step 3: Prepare fish
Step 4: Slide glass tray onto lower shelf
Step 5: Prepare vinaigrette
Step 6: Finish and plate
Cancel