



## Sous Vide Salmon

Prep Time: 00:20  
 Recipe Time: 00:30  
 Temperature 65C

### Ingredients

- 2 (6-ounce) skin-on salmon filets, skin removed and reserved
- Kosher salt and freshly ground black pepper
- 1 tablespoon unsalted butter
- 4 tablespoons full-fat Greek yogurt
- 1 tablespoon tahini
- Juice of 1 lemon
- 2 tablespoons extra virgin olive oil
- 1 tomato, chopped
- 1/2 cup chopped fresh cilantro
- 1/2 avocado, diced
- 1/2 red onion, chopped
- Juice of 1 lime
- 4 ounces green beans, steamed, for serving

### Directions

1. Set the Cooker to 65°C.
2. Season the salmon with salt and pepper and place each filet in its own zipper lock or vacuum seal bag. Seal using the water immersion technique or a vacuum sealer on the moist setting. Place in the water bath and set the timer for 8 minutes.
3. Meanwhile, sear the salmon skin: Heat butter in a medium nonstick skillet over medium high heat. Add the skin and sear until crisp, 2 to 5 minutes. While searing, press the skins down on the pan with a spatula. Transfer to a paper towel-line plate, season with salt, and set aside for serving.
4. Prepare the tahini yogurt: In a small bowl, whisk together the yogurt, tahini, lemon juice, and 1 tablespoon olive oil. Season to taste with salt and pepper.
5. Prepare the salsa: In a medium bowl, mix together the tomato, cilantro, avocado, red onion, lime juice, and remaining 1 tablespoon olive oil. Season to taste with salt and pepper.

### Finishing Steps

1. When the timer goes off, remove the bags from the water bath. Carefully remove the salmon from the bags.
2. Divide the salmon between two serving plates. Add a spoonful of salsa on top of the salmon and a spoonful of tahini yogurt on the side. Place the salmon skin on top of the salmon. Serve with green beans.

