

# Maple Mustard Glazed Atlantic Salmon, White Bean Puree with Glazed Baby Carrots

Serves 8

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## INGREDIENTS

### For the Salmon:

2.5 lb salmon fillet cut into 8 equal pieces  
¼ cup butter, melted  
¼ cup maple syrup  
2 tbsp grainy mustard  
2 tbsp soy sauce  
pepper to taste

### White Bean Puree: yields 8

2 tbsp unsalted butter  
¼ cup onion, finely diced  
1 garlic clove, minced  
1 thyme sprig  
1 can white beans, (425gr) drained and rinsed  
½ cup chicken stock  
Salt and freshly ground pepper

### For the Carrots:

2 bunch baby heirloom carrots, peeled with tops removed but with a little green left attached  
4 tbsp butter  
3 tbsp brown sugar  
½ lemon, juiced  
1 clove garlic, smashed  
3 sprigs thyme, picked  
Pinch cayenne pepper  
½ cup water

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## METHOD

### For the Salmon:

Preheat oven to 400F.

Place a roasting rack on a sheet pan with parchment paper, and set aside. In a small bowl, whisk together the butter, maple syrup, mustard and soy sauce. Set half aside to reduce, and other half to marinate salmon.

Place salmon filets in a mixing bowl. Pour half of the marinade over salmon. Place the other half of the marinade in a small pot, and reduce by half. Allow the salmon to marinate for at least 20 minutes. Place marinated salmon on the roasting rack, and place in the oven. Bake for about 8-10 minutes or until salmon flakes with a fork. Drizzle salmon with maple mustard reduction.

### For the White Bean Puree:

In a medium saucepan, melt the butter. Add the onion, and season with salt and pepper. Add the garlic, and thyme sprig and cook over moderate heat, stirring a few times, until the onion is softened, about 5 minutes.

Add the beans, and broth, and simmer over moderately high heat until the broth reduces by half, about 4 minutes. Discard the thyme sprig. Puree the bean mixture in a blender. Season the puree with salt and pepper.

### For the Carrots:

Bring a pot of well-salted water to a boil. Set up a bowl with ice water. Blanch the carrots in the boiling water, approximately 1 ½ minutes. When they are cooked but still have some crunch, plunge them immediately into the ice water.

In a large sauté pan, add the butter, sugar, lemon juice, garlic, thyme, cayenne and about 1/2 cup of water. Bring the pan to medium heat, swirling occasionally. When most of the water has reduced and the mixture seems homogenous, remove the garlic.

Add the carrots, and stir until they are coated. Cook for another 2 to 3 minutes or until the carrots are completely coated, and hot.