

## Salmon with spicy honey sauce

Shopping list:

2 salmon fillets  
olive oil  
Red pepper, 1 piece  
Fresh thyme, a sprig  
pink pepper  
Vanilla, 2  
Sesame seeds 20 grams  
Star anise 10 pc  
French mustard, two tablespoons  
Peanut oil, 2 dl  
Honey, like acacia 4 cl  
Mango accessories

The day before, do prepare a spicy oil by mixing together 5 cups peanut oil, seeded and chopped red pepper, 5 grams Rosé pepper, 10 grams of sesame seeds, 5 star anise, a spoonful of French mustard, split and scrape out the vanilla pod and add the seeds. Let stand overnight.

You can also prepare Honey sauce. Start by dividing the vanilla pod and scrape out the seeds and put them in a blender. Then add 5 grams Rosé pepper, 10 grams of sesame seeds, 5 star anise, a tablespoon of French mustard, 5 cl peanut oil and 4 cl honey. Mix to a smooth sauce.

Peel mango and cut into thin slices. Marinate with the pepper oil, add like a little fresh basil if you have it at home.

Spread honey sauce on the salmon fillets and cook until they are almost cooked through. Add the mango and the fillets side by side. Decorate with the spicy oil.

Served, of course, a Spanish Cava for example Anna de Cordoniu