



Salmon En Croute

By Sam Woodhouse (Speedwell Court)

Abbeyfield
Making time for older people



 1 serving

 Prep: 30 minutes
Cook: 30 minutes

INGREDIENTS

1 salmon fillet
1/2 puff pastry sheet
40g green beans
40g carrot
1/2 leek
1 potato
1/2 tin of chopped tomato
Splash white wine vinegar
Pinch of sugar
25ml white wine
1/2 brown onion
1 tsp garlic puree
250ml cream
100g Watercress
1 egg
25ml milk
Salt
Pepper

PREPARATION

1. Peel carrots and cut into batons, top the green beans, slice the leek lengthways and blanch, peel the potato and dice the onion.
2. Crack the egg and mix with milk.

METHOD

1. Lay the leek down on the side and arrange the carrot and green beans on top of the leek and roll.
2. The leek will stick together and it will form the vegetable bundle.
3. Peel the potato and boil for mash, then season.
4. In a pan, add a splash of oil and add the diced onion and garlic.
5. Add the wine and reduce.
6. Add some watercress and blend.
7. Add the cream and reduce, then season.
8. Place chopped tomato, white wine vinegar and sugar into a pan and reduce and season.
9. Take your cut puff pastry and lay the salmon fillet in and fold over and pinch together, then egg wash the pastry.
10. Pipe the mashed potato into a tower and fill with the tomato sauce.
11. Place the salmon into the oven 170c and bake for around 25 min.

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