
Salmon Wellington

Description

This recipe takes the Beef Wellington idea in a new direction making a simple yet wonderfully hearty dish.

Total time: 1 hr Yield: 4 Servings

Ingredients

1 1/2 lb salmon fillet (cut into 4 pieces)
1 lb mushrooms (diced fine)
1 shallot (chopped)
1 Tbsp oil
1 1/2 tsp salt
pepper
1/4 lemon
2 Tbsp chopped parsley
2 sheets frozen puff pastry (thawed)
egg wash (1 egg + 1 tablespoon water)
1/4 cup white wine
1/4 cup chicken broth
1/4 cup sour cream
1 Tbsp fresh dill (chopped)
1 Tbsp Dijon mustard
kosher salt
2 Tbsp butter

Prep Time: 1 hr Total Time: 1 hr

Instructions

Heat pan on medium-high. When hot, add in oil and shallots and cook for 1 minute. Add mushrooms and cook for 15 minutes, until most of the liquid has evaporated. Season with salt, pepper, parsley and lemon. Set mushroom aside to cool. Roll puff pastry into 14" x 14" square, and then cut into 4 pieces. Sprinkle salmon pieces with salt and pepper on all sides, then place the skinned side down on a greased baking sheet. Spread 1/3 cup of mushroom mix on top of each piece of salmon. Place a piece of puff pastry on top of the salmon, tucking the edges just underneath the salmon to make a pillow and trimming off any excess pastry. Brush puff pastry with egg wash. Bake for 20 to 25 minutes, until puff pastry is golden brown. To make the sauce, heat pan on medium-high. When hot, add shallots and cook for 1 minute. Add white wine and cook for 5 minutes. Stir in chicken broth, sour cream, dill, Dijon, salt and pepper to taste. Heat for 1 minute, then whisk in butter. Serve warm with salmon.

Recipe brought to you by:

Chef Joanne Chang

Source:

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