

Salmon Wellington Recipe

Salmon Wellington

Prep Time ~	Cooking Time ~
Approx Cost ~ £?	Difficulty ~ Easy
Freeze ~	Serves ~ 4

Tip

Ingredients

25g / 1oz unsalted butter

1 small leek, finely sliced

250g / 9oz puff pastry

Plain flour for dusting

2 tbsp whole grain mustard

4 salmon fillets, about 125g / 4oz each

Salt and black pepper

1 egg, lightly beaten

1 garlic clove, crushed

50ml / 2floc dry white wine or brandy

1 x 142ml tub double cream

½ x 25g pack fresh tarragon, roughly chopped

Method

- Melt half the butter in a frying pan over a low heat. Add the sliced leek and cook for 6 to 8 minutes, stirring occasionally until softened. Allow to cool at room temperature.
- Roll out the pastry onto a lightly floured work surface to about 30cm x 40cm (11 x 15 in.).
- Brush with the mustard and then, using a sharp knife, cut it into 4 equal rectangles.
- Divide the cooked leek equally between the pastry rectangles, placing it centrally.
- Season the salmon and sit on top of the leeks. Lift the longest edges of the pastry over the salmon to cover it and turn over to make a neat decorative lip. Then fold both shorter edges underneath to make a neat parcel.
- Transfer the parcels to a baking sheet and cover in cling film and chill until ready to bake.
- Preheat the oven to 220C, Gas 7.
- Lightly brush the pastry with egg and then bake for 16 - 18 minutes or until golden.

- Meanwhile make the sauce: melt the remaining butter in a small saucepan and add the garlic. Cook for 1 minute, then add the wine or brandy. Increase the heat and boil for 1 minute. Pour in the cream and let it boil for 1 minute.
- Stir in the tarragon and serve with the salmon.