



## SALMON EN CROUTE

DGCxL

### INGREDIENTS

1kg salmon fillet, skin removed  
1 box puff pastry  
1 egg, beaten  
4 tbs fresh dill, chopped  
1 large box spinach leaves or mix with chard  
1 egg, beaten

#### Beurre Blanc

¼ cup white wine  
½ lb butter, chopped into cubes  
½ lemon, juiced  
1 tbs creme fraiche or greek yogurt  
1 shallot, finely chopped  
½ tsp dried tarragon leaves  
Pepper and salt



### PREPARATION

Roll out puff pastry on a cold surface with waxed paper underneath.

Steam the spinach for 2 minutes in a solid steam pan at 212 degrees. Stir to make sure all the leaves are wilted.

Remove skin from the salmon and place on the puff pastry. Put spinach on top of salmon. Wrap the fish with the puff pastry making an envelope. You can fancy up the edges if you wish.

Brush the pastry with beaten egg.

Set the oven to combi steam. Step 1 - 100 degrees C/ 212 degree F 100% steam, 6 minutes. Step 2 - 200 C/ 395 F, 90% steam, 10 minutes. Step 3 - 220 C/ 425 F 0% steam, 13 minutes.

Place the fish on the middle rack.

On the cooktop put wine and shallots in a saucepan and simmer until the shallots are translucent.

Add lemon juice and herb and turn the heat down to low.

With a whisk add the butter a cube at a time until the sauce is thickened. Serve warm with fish.