

View from the Fridge – Recipes from Brian Donkin

Recipe # 11 – Salmon St. Malo

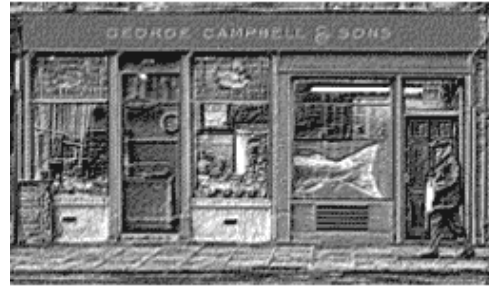
Preparation time: 15 mins – Cooking time: 15 mins

Ingredients

3 X 6oz Salmon Fillets
6 langoustine tails
12 plump mussels in shell
2oz camembert – take skin off
1 glass white wine
2oz butter
1 glass whipped cream
1 teaspoon of beurre manié
(see Beurre Manié recipe for details)

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Method

Rub baking tray with butter. Put the three fillets of salmon, the mussels, the camembert and the de-shelled langoustines (press outer shell inwards and then open outwards and the flesh will come out of the shell) into the baking tray. Pour the white wine over everything in the baking tray. Cover with grease proof paper. Bring to boil on top of cooker (in baking tray). Put in preheated oven (200 centigrade) for eight minutes. Remove from oven and place salmon on plate and surround with 4 opened mussels (throw away empty half of each shell). Place langoustines on top of fillet of salmon. Drain off all liquid from baking tray into pot. Add beurre manie to liquid in pot and bring to boil while whisking smooth. Take off heat and fold in whipped cream and butter. Coat the fish and mussels with the resulting sauce. Put under hot grill temporarily to glaze (browned finish – see picture) and serve immediately.

Serves three

