

Salmon en Croute

(Salmon with mousseline of pike in pastry)
(Serves 12)

Recipe by Andre Soltner

Ingredients:

Entree

Feuilletee Rapide (Fast Puff Pastry)

Yield: approximately 2 ¼ pounds

Note: This pastry may be kept in the freezer for up to 2 weeks. If frozen, defrost slowly in the refrigerator for 2 to 3 hours before using.

- 1 pound quick-dissolving flour (e.g., Wondra)
- 1 pound unsalted butter (4 sticks) very cold, cut into 1-inch pieces
- 1 tsp baking powder
- ½ tsp salt
- 1 cup ice-cold water
- flour for flouring work surface and pastry (approx ½ cup)



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Sauce Choron (Bearnaise Sauce flavored with tomato)

Yield: 1 ½ cups

Note: This sauce may be kept warm, in a bain marie of warm water, for up to 2 hours. It can not be refrigerated and reused.

CAUTION: This recipe uses raw egg yolks, so there is a risk of salmonella contamination. Use only farm-fresh eggs that have been kept refrigerated.

- 2 TBSPS tarragon vinegar
- 2 TBSPS dry white wine

flour for flouring work surface and pastry
(approx ½ cup)

1 TBSP chopped shallots
1 ½ TBSPS chopped fresh tarragon (or
tarragon preserved in vinegar)
1 ½ TBSPS chopped fresh chervil
3 egg yolks
6 ounces unsalted butter (1 ½ sticks)
2 TBSPS tomato pulp – chopped fine,
cooked for 1-2 minutes and drained
salt
freshly ground black pepper
lemon juice

Salmon with mousseline of pike, in pastry
(Serves 12)

1 pound fillet of pike (or sole or tile fish)
skin removed
3 eggs
1 tsp salt
2 cups heavy cream
1 salmon (approx 6 pounds) head & tail
removed
1 tsp chopped tarragon
1 ½ tsps chopped parsley
2 pounds fast puff pastry (see
preparation below)
juice of ½ lemon
pepper, freshly ground

SAUCE

When served at room temperature:

Sauce Cresson: put 1 cup mayonnaise and ½
bunch watercress into a food processor and
process for approx 1 minute.

When served hot:

1 cup Sauce Choron (see preparation below)

Preparation:

Feuilletage Rapide (Fast Puff Pastry)

1. Place all ingredients (except extra flour) in large bowl and mix together with hands until gathered into a ball. The butter must still be in pieces. [If done with an electric mixer, this only takes a few seconds. Be sure butter pieces remain within the ball.]

2. Sprinkle work surface with enough flour to prevent sticking. Roll dough into an 18" x 8" rectangle. Sprinkle generously with flour to coat all butter pieces and prevent sticking to the rolling pin.
3. Brush excess flour from the dough surface and fold dough in half, then in half again into a 4" x 9" rectangle. Lightly flour the top of the pastry. Turn the rectangle clockwise a quarter turn so the narrow side is toward you and again roll the pastry out to an 18" x 8" rectangle.
4. Repeat Step 3.
5. Repeat Step 3 again. If the dough is too stiff for the second repeat...wait 15 minutes and then continue.
6. Fold the dough in thirds, wrap it in plastic, and refrigerate it for 15 minutes.
7. Repeat Step 3
8. Repeat Step 3 again (This will be the 5th time you've performed Step 3)
9. Wrap dough in plastic wrap and refrigerate for at least 30 minutes before using.

Sauce Choron (Bearnaise Sauce flavored with tomato)

1. Put vinegar and wine in a stainless steel or enameled saucepan. Add shallots, ½ TBSP tarragon, ½ TBSP chervil, a pinch of salt, a pinch of pepper. Over a high heat, reduce by two thirds. Cool to luke warm.
2. Beat in egg yolks and 1 tsp of water. With saucepan on the edge of a low flame (or in a pan of warm water) whisk the sauce constantly until it begins to thicken.
3. When sauce has begun to thicken, beat in butter, a small piece at a time adding another piece only after the previous piece is incorporated.
4. When all the butter is absorbed, add several drops of lemon juice.
5. Strain the juice through a fine sieve and stir in remaining tarragon and chervil.
6. Stir in the tomato. (omit this step and you have Sauce Bearnaise)

Salmon with mousseline of pike, in pastry

1. To prepare the mousseline, put the pike (sole or tilefish) eggs, lemon juice, salt, and pepper in a food processor and process until mixture is smooth, approx 1 minute. With the processor running, slowly add the heavy cream. Set aside.
2. Preheat oven to 350°
3. Place salmon in boiling water for 30 seconds. Put it on a dry cloth and remove the skin. Split the fish lengthwise into its two halves and remove all the bones.
4. Spread ½ of the fish with the chopped tarragon, the chopped parsley, and then the mousseline. Place the other half of the salmon on top
5. Roll out the pastry into a rectangle a little longer than the fish and a little more than twice as wide. Cut it in half lengthwise. Place the fish on one of the rectangles of pastry and cover it with the other. Seal the fish inside the pastry by pinching the pastry layers together around the edges. Trim the pastry into the shape of a fish, simulating scales by using the metal nozzle of a pastry bag to make indentations on the top pastry.
6. Bake in the preheated oven for 40 minutes.