

Salmon en croute

Serves 4



Ingredients

- 1 tbsp oil
- 1 large shallot, finely chopped (1 handful)
- 140g chestnut mushrooms, finely chopped (3 handfuls)
- 2 garlic cloves, finely chopped
- 1 tsp lemon juice
- 100g packet watercress, chopped (2 handfuls)
- 2 tbsp snipped dill
- 1 tbsp snipped chives
- 2 tbsp half fat crème fraîche
- 1 pack filo pastry (~250g total weight)
- 400g skinned salmon fillet or four 100g fillets
- salt and papper

Method

Heat 1 tsp of the oil in a large non-stick frying pan. Tip in the shallots and fry for 2-3 mins to soften, then add the mushrooms and garlic, and stir-fry over a high heat for another 3-4 mins, or until the mushrooms and shallots are golden and any liquid from the mushrooms has evaporated. Pour in the lemon juice – after a few seconds, that should have evaporated too. Remove from the heat, then stir in the watercress so it wilts in the warmth from the pan. Stir in the dill and chives, and season with a little salt and pepper. Leave to cool.

Heat oven to 200C/180C fan/gas 6. Line a baking sheet with baking parchment. When the mushroom mix is cool, stir in the crème fraiche.

Lay one of the filo sheets on the worktop with the short end facing you. Brush all over with a little of the remaining oil. Layer up the rest of the filo sheets in the same way, brushing each with a little of the oil.

Lay one of the salmon fillets across the width of the filo, positioning it about one-third of the way up. Season it with pepper. Spoon and spread the cooled mushroom mix over the top of the fillet. Fold the short end of pastry nearest to you over the salmon, then bring the other end over to completely enclose the salmon lifting it so the join can tuck under it. Fold both pastry ends over as neatly as you can and bake in the oven for 25 mins until golden and crispy.