

# SO MUCH TO SEA...

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## Salmon filled with leeks and prawns, wrapped in Parma ham and served with a lemon and dill sauce

Recipe by Leslie Anderson

The recipe serves 4, but can easily be increased for larger numbers.

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### Ingredients:

4 Shetland salmon fillets  
8 large shelled prawns  
1 leek  
8 slices Parma ham  
1 bunch fresh dill  
1 lemon

1 pint double cream  
1 tsp Dijon mustard  
2 dssp white wine  
2 tsp vegetable stock  
1 tsp fish stock  
1 tsp cornflour (if required)

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### Method:

Saute the leek and season well.

Slit open the salmon fillets and fill with sauted leeks and prawns, then wrap in parma ham.

Place the salmon in a foil parcel, season, add a splash of fish stock, some lemon slices and a sprig of dill.

Close the parcel and bake in a moderate oven for 20 mins.

Heat the double cream, add the juice from the lemon, vegetable and fish stock, wine, Dijon mustard and enough dill to taste.

Simmer for 5 mins, season and add cornflour to thicken (if necessary).

Plate up the salmon and drizzle with some of the sauce, decorate with a slice of fresh lemon and a sprig of dill.

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When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland  
Scottish Salmon Producers' Organisation Shetland  
Shetland Fish Producers' Organisation  
Shetland Shellfish Management Organisation  
Shetland Aquaculture Trust