

SO MUCH TO SEA...

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Shetland Salmon Wellington

Recipe by Bill Bryce

Serves 4

Ingredients:

4 x 140g portions of Shetland Salmon
Slice each piece of salmon lengthways into 3 even slices
150 g white fish pin boned and diced
½ egg white
100 ml double cream
100g shredded blanched leek, drain and place on absorbent paper to remove all water

100g shredded blanched carrot, drain and place on absorbent paper to remove all water
15g finely chopped dill
1 egg yolk beaten
400g all butter puff pastry rolled and marked with a lattice roller
Shetland sea salt

Method:

Make a fish mousse with the white fish, egg white and cream season with salt and stir in dill. Keep mixture very cold.

Place a slice of salmon on your board and spread on a layer of mousse strew on a layer of leeks and carrots, place on another layer of salmon and repeat process, place on 3rd piece of salmon and press down gently, refrigerate for 30 mins.

Cut out your lattice pastry to neatly wrap each portion of fish, brush with egg yolk and place in the refrigerator to rest.

To Cook: place in a preheated oven at 200c for 25 minutes.

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