

## **SALMON WITH FRESH HERBS**

(Salmone alle Erbe Fini)

### **INGREDIENTS:**

Servings: 2 people

Fish stock:	
Butter	1 tbs
Mire poix	500 g
(i.e. carrots, celery, leek, onion)	
Fish heads, bones, tails	1 kg
Dry white wine	240 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorns	1 tsp
Water	2 1/2 liters

Béchamel:	
Butter	15 g
Flour	15 g
Fish stock	250 ml
Bay leaf	1

Stuffing:	
Fresh parsley	small handful
Basil leaf	1
Small spring onions (white parts only)	3
Butter	50 g
Fresh white breadcrumbs	150 g

Salmon fillets	500 g
Dry white wine	60 ml
Oil	for greasing
Salt and white pepper	to taste

Servings: 4 people

Fish stock:	
Butter	1 tbs
Mire poix	500 g
(i.e. carrots, celery, leek, onion)	
Fish heads, bones, tails	1 kg
Dry white wine	240 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorns	1 tsp
Water	2 1/2 liters

Béchamel:	
Butter	30 g
Flour	30 g
Fish stock	500 ml
Bay leaf	1

Stuffing:	
Fresh parsley	small handful
Basil leaf	1
Spring onions (white parts only)	5
Butter	100 g
Fresh white breadcrumbs	300 g

Salmon fillets	1 kg
Dry white wine	120 ml
Oil	for greasing
Salt and white pepper	to taste

Servings: 6 people

Fish stock:	
Butter	1 tbs
Mire poix (i.e. carrots, celery, leek, onion)	500 g
Fish heads, bones, tails	1 kg
Dry white wine	240 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorns	1 tsp
Water	2 1/2 liters

Béchamel:	
Butter	45 g
Flour	45 g
Fish stock	750 ml
Bay leaves	2

Stuffing:	
Fresh parsley	small handful
Basil leaves	2
Spring onions (white parts only)	8
Butter	150 g
Fresh white breadcrumbs	450 g

Salmon fillets	1 1/2 kg
Dry white wine	180 ml
Oil	for greasing
Salt and white pepper	to taste

Servings: 8 people

Fish stock:	
Butter	1 tbs
Mire poix (i.e. carrots, celery, leek, onion)	500 g
Fish heads, bones, tails	1 kg
Dry white wine	240 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorns	1 tsp
Water	2 1/2 liters

Béchamel:	
Butter	60 g
Flour	60 g
Fish stock	1 liter
Bay leaves	2

Stuffing:	
Fresh parsley	small handful
Basil leaves	2
Spring onions (white parts only)	10

Butter	200 g
Fresh white breadcrumbs	600 g
Salmon fillets	2 kg
Dry white wine	240 ml
Oil	for greasing
Salt and white pepper	to taste

Servings: 10 people

Fish stock:	
Butter	1 tbs
Mire poix (i.e. carrots, celery, leek, onion)	500 g
Fish heads, bones, tails	1 kg
Dry white wine	240 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorns	1 tsp
Water	2 1/2 liters

Béchamel:	
Butter	75 g
Flour	75 g
Fish stock	2 liters
Bay leaves	3

Stuffing:	
Fresh parsley	small handful
Basil leaves	3
Spring onions (white parts only)	13
Butter	250 g
Fresh white breadcrumbs	750 g

Salmon fillets	2 1/2 kg
Dry white wine	300 ml
Oil	for greasing
Salt and white pepper	to taste

Servings: 12 people

Fish stock:	
Butter	1 tbs
Mire poix (i.e. carrots, celery, leek, onion)	500 g
Fish heads, bones, tails	1 kg
Dry white wine	240 ml
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorns	1 tsp
Water	2 1/2 liters

Béchamel:	
Butter	90 g
Flour	90 g
Fish stock	2 liters
Bay leaves	3

Stuffing:	
Fresh parsley	small handful
Basil leaves	3

Spring onions (white parts only)	15
Butter	300 g
Fresh white breadcrumbs	900 g
Salmon fillets	3 kg
Dry white wine	360 ml
Oil	for greasing
Salt and white pepper	to taste

**TOOLS:**

Stockpot  
 Chef's knife  
 Chopping board  
 2 Saucepans  
 Whisk  
 Spatula  
 Bowl  
 Spoon  
 Aluminum foil  
 Baking dish

**PREPARATION:**

Prepare the fish stock:

Note: any leftover stock can be freezed and used later.

Clean the fish. Melt the butter in a stockpot and sauté the vegetables for 5 minutes. Add all the fish parts and continue to cook for 5 minutes. Add the wine, water, and spices. Bring to a boil, partially cover, and simmer for 30 minutes. Strain through a fine sieve.

Prepare the Béchamel:

Melt the butter in a saucepan over medium heat. Add the flour and whisk until it leaves the sides of the pan. Gradually add the fish stock, whisking it until it reaches a yogurt-like consistency. Add the bay leaf/leaves and set aside.

Preheat the oven to 180° C.

Prepare the stuffing:

Finely *chop the herbs* and spring onions.

Melt some butter in a saucepan and add the herbs and onion. Cook for 5 minutes over medium-low heat. Season, to taste, with salt and pepper. Add 2/3 of the Béchamel and the breadcrumbs and mix over low heat until it holds together. *Spread the stuffing* over half the fillets in a thick layer. *Top with the remaining fillets*.

Oil a large piece of aluminum foil. Wrap the fish in the foil. Bake for 16-18 minutes.

While baking, thin the Béchamel sauce with dry white wine and cook over low heat until thin and smooth, being careful not to overcook. Season, to taste, with salt and pepper. Let the fish cool in the foil for 5 minutes. *Cut into thick slices*. Spoon the sauce over and serve.

This recipe comes from the *Ristorante La Fontaine*.