

SALMON WELLINGTON

(from The Bewitching Kitchen)

3 pieces of salmon filet, about 6 ounces each)
salt and pepper to taste
1 tablespoon grapeseed or olive oil
1 large stalk celery, minced
1 shallot, minced
1/2 cup cooked crab meat, shredded (from 2 small crab legs)
Freshly squeezed lemon juice to taste
1/2 block cream cheese, at room temperature
minced fresh cilantro, to taste
1 sheet of puff pastry, defrosted in the fridge for several hours
flour to roll out the pastry
egg wash made with 1 egg, 1 tsp water and a pinch of salt

Heat over to 375 F.

Prepare the topping by sauteing the celery and shallot pieces in olive oil over medium heat. Season with salt and pepper. When all soft and translucent, transfer to a small bowl to cool down slightly. Add the cream cheese, lemon juice, shredded crab meat and fresh cilantro, mix all gently but well and reserve. Adjust seasoning with salt and pepper.

Roll out the puff pastry over a counter top lightly dusted with flour. Try to get it really thin, ideally one sheet should be enough to wrap three small salmon filets. Place the salmon filet over it, make sure it is dry, blot it with paper towels if necessary. Season with salt and pepper. Place a good portion of cream cheese mixture on top. Wrap the filets with the dough. I actually found it easier to flip the pieces after the photo was taken, so that the filling is on top, and the edges of the pastry meet at the bottom of the parcel.

Cut a slit in the center of the packages. Brush with egg wash. Bake for about 22 minutes, until the pastry is golden. Let it cool slightly and serve.