

# Smoked Salmon Mousse

*Chalet de France - Eureka, CA*

*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## **Yield: 1 1/2 cups**

*1 tablespoon shallots OR green onions, finely chopped*  
*2 tablespoons unsalted butter*  
*2 or 3 ounces smoked salmon, boned and flaked*  
*1/4 cup cream cheese, softened*  
*1/4 cup sour cream*  
*1/4 cup unsalted butter, softened*  
*2 tablespoons lemon juice*  
*1 tablespoon vodka*  
*1/4 cup heavy cream, whipped*

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Saute' the shallots in the two tablespoons of butter until golden. Add the salmon. Mix. Remove from the heat.

Place the mixture in a blender. Add the cream cheese, sour cream and butter. Blend well.

Add the lemon juice and vodka. Blend until smooth. Remove the mixture to a bowl and fold in the whipped cream.

Refrigerate for a couple of hours or up to two days.

Serve cold, but not too chilled.

Serve on crackers or warm French bread.

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Per Serving (excluding unknown items): 1379 Calories; 131g Fat (86.1% calories from fat); 39g Protein; 8g Carbohydrate; trace Dietary Fiber; 396mg Cholesterol; 1567mg Sodium. Exchanges: 5 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 24 1/2 Fat.

## Appetizers

### **Per Serving Nutritional Analysis**

|                                       |       |                            |        |
|---------------------------------------|-------|----------------------------|--------|
| <b>Calories (kcal):</b>               | 1379  | <b>Vitamin B6 (mg):</b>    | .5mg   |
| <b>% Calories from Fat:</b>           | 86.1% | <b>Vitamin B12 (mcg):</b>  | 6.2mcg |
| <b>% Calories from Carbohydrates:</b> | 2.4%  | <b>Thiamin B1 (mg):</b>    | .1mg   |
| <b>% Calories from Protein:</b>       | 11.5% | <b>Riboflavin B2 (mg):</b> | .4mg   |
| <b>Total Fat (g):</b>                 | 131g  | <b>Folacin (mcg):</b>      | 26mcg  |
| <b>Saturated Fat (g):</b>             | 78g   | <b>Niacin (mg):</b>        | 8mg    |
| <b>Monounsaturated Fat (g):</b>       | 39g   | <b>Caffeine (mg):</b>      | 0mg    |

**Polyunsaturated Fat (g):** 6g  
**Cholesterol (mg):** 396mg  
**Carbohydrate (g):** 8g  
**Dietary Fiber (g):** trace  
**Protein (g):** 39g  
**Sodium (mg):** 1567mg  
**Potassium (mg):** 555mg  
**Calcium (mg):** 193mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 15mg  
**Vitamin A (i.u.):** 4913IU  
**Vitamin A (r.e.):** 1322 1/2RE

**Alcohol (kcal):** 32  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 5  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 24 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1379                      **Calories from Fat:** 1187

### % Daily Values\*

|                               |      |
|-------------------------------|------|
| <b>Total Fat</b> 131g         | 201% |
| Saturated Fat 78g             | 392% |
| <b>Cholesterol</b> 396mg      | 132% |
| <b>Sodium</b> 1567mg          | 65%  |
| <b>Total Carbohydrates</b> 8g | 3%   |
| Dietary Fiber trace           | 0%   |
| <b>Protein</b> 39g            |      |
| <hr/>                         |      |
| <b>Vitamin A</b>              | 98%  |
| <b>Vitamin C</b>              | 25%  |
| <b>Calcium</b>                | 19%  |
| <b>Iron</b>                   | 13%  |

\* Percent Daily Values are based on a 2000 calorie diet.