
Salmon En Phyllo (Hot)

Cross Keys Inn - Pittsburgh, PA

Pittsburgh Chefs Cook Book - 1989

NOTE: The directions provide three servings, follow steps one through five again to serve six.

SPINACH HERB FILLING

1/4 ounce chopped shallots

3/4 clove garlic, mashed

3/4 ounce margarine

6 ounces frozen chopped spinach, thawed and drained

1/8 teaspoon leaf tarragon, crumbled

1/16 cup parsley flakes, chopped

1 1/2 teaspoons lemon juice

1/8 cup Anisette liqueur

1/4 teaspoon black pepper

1/4 teaspoon salt

CREME FRAICHE

1/2 cup sour cream

1/2 cup heavy whipping cream

SALMON EN PHYLLO

6 sheets Phyllo dough sheets, thawed

4 ounces clarified butter

12 ounces salmon fillets

6 ounces Spinach Herb Filling (one ounce per portion)

6 leaf lettuce leaves, cleaned

6 ounces Creme Fraiche (one ounce per portion)

6 lemon wedges

6 sprigs fresh parsley, cleaned

Make the Spinach Herb Filling: In a skillet, melt the margarine. Saute' the shallots and garlic until soft. Combine the thawed spinach with the tarragon, parsley flakes, lemon juice, Anisette liqueur, black pepper and salt. Add the sautee'd vegetables to the spinach mixture. Mix well. Chill and reserve until needed.

Make the Creme Fraiche: In a bowl, mix together the sour cream and whipping cream until smooth. Place in a one-gallon glass jar. Allow the mixture to stand in a warm area of the kitchen for eighteen hours. Chill and reserve until needed.

Place a sheet of Phyllo dough onto a smooth work surface. Lightly brush it with clarified butter. Place another sheet directly on top of the first and brush again. Place the third and final sheet on top of the first two sheets and, again, brush with the butter.

Evenly place six one-ounce pieces of salmon along the long edge of the buttered Phyllo sheets. Top each piece with 1/2 ounce of Spinach Herb Filling. Cut the Phyllo sheets into six even rectangles (short-way) and fold each rectangle as you would a flag being sure to completely seal in the salmon and filling. A triangle will be the finished result. Brush each triangle with butter.

Place two appetizer Phyllos on a sizzle plate. Bake at 425 degrees until golden brown.

Transfer the cooked Phyllos to a service plate. Garnish with leaf lettuce and Creme Fraiche.

Condiments, Sauces

Per Serving (excluding unknown items): 2388 Calories; 213g Fat (77.9% calories from fat); 91g Protein; 45g Carbohydrate; 18g Dietary Fiber; 681mg Cholesterol; 1400mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 6 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 39 1/2 Fat.