
Baked Fresh Salmon Encroute with Asparagus Buerre Blanc and Hollandaise

*Chef Eric Brown - Turtles Restaurant - Siesta Key, FL
Sarasota's Chef Du Jour - 1992*

Servings: 6

6 (7 ounce) salmon fillets, boneless and skinless
1 1/2 pounds fresh asparagus
3/4 pound sweet cream butter
6 (3x6 inch) sheets of puff pastry
juice of one lemon
salt (to taste)
pepper (to taste)
eggwash (1 egg + 2 tablespoons water, beaten)
Hollandaise sauce

Rub the salmon fillets with butter, lemon juice, salt and white pepper.

Place the six pieces of puff pastry on a clean, flat surface. Arrange the salmon fillets on the pastry sheets so that the fillets are half in and half out. Brush the edge of the pastry with eggwash. Fold the pastry around the fillets and seal the edges by pricking with a fork.

Turn the fillets over and place on a greased baking pan. Brush the puff pastry with eggwash.

Make the sauce and garnish: Wash the asparagus in cold running water. Trim the white part of the root off. This part is tough and not as sweet as the rest of the asparagus. Pick out eighteen nice spears and coarsely chop the rest.

Blanch all of the asparagus in boiling water until tender. Drain well and reserve the eighteen spears for garnish. Puree the chopped pieces in a food processor until very smooth. Place in a shallow saucepan and reduce over low heat, constantly stirring until the mixture is thick (about 5 minutes). Remove from the heat and let cool to the point just under hot. Swirl in 1/2 pound of sweet butter with a whisk. Season with salt and pepper.

Bake the salmon at 350 degrees until done. Ladle the Hollandaise in a circle on the top of a plate (optional). Ladle asparagus buerre blanc in the center. Place the cooked fish on top of the sauce and garnish by taking three asparagus spears and placing them between the puff pastry and the salmon, fanning them out.

Serve immediately.!

Seafood

Per Serving (excluding unknown items): 663 Calories; 53g Fat (71.4% calories from fat); 43g Protein; 5g Carbohydrate; 2g Dietary Fiber; 227mg Cholesterol; 604mg Sodium. Exchanges: 5 1/2 Lean Meat; 1 Vegetable; 9 Fat.