
Quenelles of Salmon and Scallops with Dill

Chef Ray Arpke - Euphemia Haye Restaurant - Longboat Key, FL
Sarasota's Chef Du Jour - 1992

2 cups cubed salmon meat, bones and skin removed
1 cup scallops
1 egg white
2 teaspoons fish base (may substitute one chicken bouillon cube)
1/2 cup half-and-half
1 dash white pepper
1 tablespoon fresh dill

In a food processor, blend together the salmon, scallops, egg white, fish base, dill and pepper until smooth.

Add the half-and-half through the fill tube while the mixture is still processing. Process for a minute or two until you have a very smooth consistency. You may have to scrape the bowl a few times.

To poach: In a large fry pan, place enough water to reach two inches deep. Bring to a boil. Reduce the heat to a slow boil.

Salt the water to your taste. Take a tablespoon and scoop the salmon mixture into boiling water in a rolling fashion, so as to make little eggs about one by two inches.

Carefully place them into the water. After they are cooked through, about 4 to 5 minutes, you may serve the quenelles on top of a Sour Cream Dill Sauce.

Yield: 2 to 4 servings

Seafood

Per Serving (excluding unknown items): 226 Calories; 2g Fat (7.1% calories from fat); 43g Protein; 6g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 436mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Vegetable; 0 Fat.