

Salmon Wellington

Hazel Blue Acres – Silvana, WA

1 tablespoon unsalted butter ½ tablespoon Dijon mustard Zest of 1 small lemon, about ¾ teaspoon ¼ teaspoon ground black pepper	2 teaspoons extra virgin olive oil 4 cups fresh baby spinach 2 cloves garlic, minced ½ teaspoon dried thyme ¼ teaspoon salt ¼ teaspoon pepper 2 tablespoons freshly grated Parmesan cheese	1 large egg yolk 1 teaspoon water 1 sheet (1/2 of a 17.3 oz. pkg) frozen puff pastry thawed in the refrigerator 2 - 6 ounce salmon fillets, skin removed
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Place a rack in the center of your oven and preheat the oven to 400 degrees F.

Line a rimmed baking sheet with parchment paper. Leave the salmon in the refrigerator.

Melt the butter in a small bowl or saucepan.

Stir in the Dijon, lemon zest, and ¼ teaspoon black pepper.

~Set aside.

Heat the oil in a large skillet. Add the spinach in large handfuls, cooking until it wilts, about 1 minute.

Stir in the garlic, thyme, salt and pepper. Put the spinach mixture in a small bowl & stir in the Parmesan. Set aside to let it cool.

In a small bowl, lightly beat the egg yolk with 1 teaspoon water to act as an egg wash.

~Set aside.

Place the puff pastry on a lightly floured work surface and roll it into a 12x14-inch rectangle. With a sharp knife, cut the puff pastry sheet in half crosswise so you are left with two rectangles that are 12x7 inches each.

1. Remove the salmon fillets from the refrigerator and place on a plate.
2. Brush the tops of the fillets liberally with the butter mixture using a small spatula, then place each fillet, butter side down, in the center of a piece of puff pastry.
3. Spoon half of the cooled vegetables over the top.
4. Fold one side of the puff pastry over the top of the fillet like a flap, so that it partially covers it, then brush the top of the flap with egg wash.

5. Fold the next side, adhering it to the first if the flaps are large enough to touch (the egg wash should act as a “glue”), then brush its top with egg wash.
6. Repeat until all sides are folded over. It should be as if you are wrapping up the salmon like a delicious present. Don’t stress over the order of the flaps. It just needs to be well sealed and covering the salmon.
7. Carefully flip the salmon over and transfer it to the prepared baking sheet, with the folded side underneath.
8. Repeat with the 2nd fillet.

Brush the tops of the puff pastry with egg wash, then with a sharp knife, score shallow, diagonal lines in each direction in a crosshatch pattern.

Bake the salmon for 20-25 minutes, or until the pastry turns golden brown.

Let it cool for a few minutes on the baking sheet. Serve hot.

Notes:

Place leftover salmon in an airtight storage container in the refrigerator for up to 2 days.

If you want to reheat leftovers (unlikely), let the salmon come to room temperature, then reheat in a 375 degrees for 10-15 minutes. Microwave not recommended.

Freeze unbaked Wellington without the egg wash in a freezer safe storage container for up to 3 months. When ready to eat, let it sit at room temperature for 20 minutes, apply egg wash and bake as directed.

You can make it up to 1 day in advance and store in the fridge without the egg wash. When you are ready to bake, apply the egg wash and bake as directed.

Source of original recipe – Erin Clarke