



Molloy's
Fish Market
— Est 1968 —

Salmon Kiev in a Crust

SERVES 4

INGREDIENTS

- 4 x 175g Salmon fillets, from Molloy's Fish Market
- 100g butter, softened
- 2 tablesp. fresh tarragon, chopped
- 1 tablesp. fresh chives, snipped
- 1 small garlic clove, crushed
- 500g packet puff pastry, thawed if frozen - A little plain flour, for dusting
- 50g tender young baby spinach leaves
- Good Pinch freshly-grated nutmeg
- 1 egg, beaten
- Salt and freshly-grated black pepper



HOW TO:

- Preheat the oven to Gas Mark 6, 200°C (400°F)
- Place the butter in a small bowl and beat in the tarragon with the chives, garlic and a little pepper and salt to taste
- Spoon on to a sheet of clingfilm or non-stick parchment paper and shape into a roll about 2.5cm thick, then wrap tightly
- Chill in the freezer for at least 10 minutes to firm up (or keep in the fridge for up to 48 hours until required, if time allows)
- Cut the pastry into 8 even-sized sections and roll each one out on a lightly floured surface to a 23cm x 15cm rectangle, trimming down the edges as necessary
- Place a salmon fillet in the centre of 4 of the pastry rectangles
- Unwrap the tarragon butter, cut into slices and arrange on top, then cover with the spinach leaves. Season the spinach and add a little nutmeg
- Brush the edges of the pastry bases with a little of the beaten egg and lay a second sheet of pastry on top, pressing down to seal & make 4 parcels -make light slashes across each parcel but take care not to cut right through
- Place a baking sheet in the preheated oven for a few minutes
- Brush the pastry parcels with the remaining beaten egg. Transfer to the heated baking sheet and bake for 25-30 minutes or until the pastry is cooked through and golden brown

