

## Salmon in Parchment Paper

Show:  Feb 6th

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Ingredients :Serves 4

1 1/2 lbs. Salmon filets  
1/4 cup Reduced Shallot Cream Sauce (recipe follows)  
2 cups Red Bell Peppers, finely julienne  
4 springs Dill  
Nutmeg, Salt & White Pepper to taste  
2 Full-size Sheets of Parchment Paper  
2 cups Swiss Chard, lightly steamed or microwave until limp.  
1 tsp. Red caviar for garnish

**Procedure:**

Preheat oven to 350°F.

Cut salmon filet into 4 equal 6 oz pieces. Cut each piece almost all the way through and fold out as a butterfly.

Cut 2 full-size sheets of parchment paper in half, then fold in half again. Cut half a heart shape, so that when it is unfolded the paper forms a heart. Lay the paper out and lay 1/2 cup of steamed Swiss chard, lightly salt and pepper and nutmeg seasoned, on the right half.

Lay a butterflied salmon filet on top of the chard. On top of the salmon add about 1 Tbls. of shallot sauce then 1/2 cup julienne red bell peppers, a sprig of dill and season with salt and white pepper. Bring the left side of the paper over the top and seal by overlapping folds.

Place in 350°F oven for 6-8 minutes until the paper is puffed. Serve immediately garnished with a dollop of red caviar.

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