

Savory Baked Salmon



Makes:

6 servings

Utensil:

1 Qt./0.9 L Sauce Pan with Cover

5 Qt./4.7 L Roaster with Cover

Blender

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Contributed By:

Chef Erling Theodorsen

Award winning Norwegian chef

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Recipe Description:

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21
ounces
salmon
(595
g)

1
cup
fresh basil
(40
g)

1
cup
fresh chives
(48
g)

1

egg
salt and pepper to taste

¹/₂
cup
water
(120
mL)

1
Savoy or Chinese cabbage, cut off core, wash and separate leaves
1
red bell pepper, seeded and diced

Directions:

1. In food processor, place ²/₃ of the salmon, ¹/₂ of both basil and chives, and egg. Blend but do not over-blend as it can separate. Salt and pepper to taste.
2. Slice remaining salmon into thin slices.
3. Place water in roaster. Add cabbage leaves and cover. Place heat on medium and cook for approximately 5 - 7 minutes. Leaves will be limp. Uncover and remove pan from heat and drain in colander.
4. Dress sauce pan with cabbage creating a "bowl" in the pan with the cabbage leaves. Cabbage will hang over the rim of the pan.
5. Add half the salmon mixture into the "bowl" of cabbage in roaster. Add half of the remaining basil and chives and half of the red pepper.
6. Add the salmon slices and a pinch of salt and pepper. Add the remaining basil, chives and red pepper. Then add the remaining salmon mixture.
7. Fold the cabbage leaves toward the center of the pan, covering the top of the salmon.
8. Cook on medium heat for 5 - 7 minutes. Then reduce temperature to low and cook for 25 - 30 minutes.
9. Place serving plate over top of pan. Turn upside down to vault the Savoy Salmon onto plate. Cut in cake-sized serving pieces.

Nutritional Information per Serving

Calories:

158

Total Fat:

5g

Saturated Fat:

1g

Cholesterol:

87mg

Sodium:

559mg

Total Carbs:

5g

Dietary Fiber:

2g

Sugar:

3g

Protein:

24g