

# Gill's Gourmet Gallery

## Salmon en crouete

### Ingredients

Salmon fillet to serve four  
250g cream cheese  
100g diced mushrooms  
Handful of chopped parsley  
1 shortcrust pastry sheet  
1 egg  
Cooking oil

### Method

Rub salt and pepper all over the fresh salmon. Heat 2 tablespoons of oil in a frying pan on a low heat. Place the salmon skin side down in the oil and cook for 5 minutes. Turn the salmon flesh side down and repeat, sealing the salmon. Lift from the pan and place on a plate to cool and refrigerate for 30 minutes.

Cream the cheese, parsley and mushrooms together.

Using a cold shortcrust pastry sheet, roll out and wash with egg. Place in a greased roasting pan. Lift the cool salmon carefully and peel off the skin. Place the salmon fillet in the centre of the pastry sheet. Cover the salmon with the cheese mixture. Fold the pastry over the salmon to make a parcel. Make sure the parcel is sealed using the egg wash and sprinkle with parsley.

Bake in the centre of the oven for 40 minutes 180c.

Can be served hot or cold with vegetables or salad.

