

OUR RECIPE

Salmon Fillets Glazed with Sorrel Cream Sauce

INGREDIENTS

Serves 2

For the white wine sauce:

100ml white wine

100ml fish, vegetables or chicken stock

75ml double cream

1 bay leaf

1 star anise

25g shallot (cut into chunks)

2x salmon fillets (approx. 250g)

White wine sauce

Handful of fresh sorrel

½ Lemon

100ml stiffly whipped double cream

2 egg yolks



METHOD

1. To make the white wine sauce, place the wine in a pan and add the bay leaf, star anise and shallot.
2. Bring to the boil and reduce to approximately half. Once reduced, add in the stock and again reduce to approximately half.
3. Add the double cream and bring back to the boil, season and pass through a very fine sieve. Place to the side of the stove so that it stays warm.
4. Preheat the oven to 160C.
5. Add the egg yolks to the whipped double cream. Shred the sorrel finely and place both to the side for later.
6. Lay the two salmon fillets into an ovenproof dish, season with salt and pepper. Cook for 5-10 minutes in the oven.
7. Remove the salmon from the dish and put on to ovenproof plates.
8. Turn on your grill and allow to heat up.
9. Next add the whipped cream and egg yolks to the sauce and heat through, do not allow to boil again. Add the sorrel and finish with a squeeze of the lemon juice.
10. Pour the sauce over the salmon fillets and place under the hot grill to glaze.
11. Serve with steamed green vegetables.

Thank you to Yeo Valley