



## **SALMON AND ASPARAGUS PILLOWCASES**      **For the Love of Good Food**

Since asparagus is tender and in season here and oily fish like salmon are especially good for you supplying omega -3 fatty acids, I thought it would be the time to offer you a very flavorful dish that can either be served as an appetizer on its own, or as an entree combined with steamed baby potatoes and either salad or glazed carrots.

Also we are into spring and with warmer weather, lighter dishes appeal more.

### Ingredients (serves 4)

*12oz puff pastry*

*1 egg*

*1 pinch salt*

*2tsp wine vinegar*

*1/2tsp English mustard powder*

*2 egg yolks*

*6oz unsalted butter, diced*

*1tbsp chopped tarragon, salt and pepper*

*2tsp lemon juice*

*1lb asparagus*

*1tbsp olive oil*

*12oz salmon tail, skinned and thinly sliced*

1. Roll out the pastry in a dusting of flour to a thickness of 1/4inch and cut 4 rectangles 3x5inches. Beat the egg with the salt and use to glaze the pastry, then leave to rest for 30 minutes in the refrigerator.
2. To prepare the sauce: measure the vinegar, mustard and egg yolks into a heatproof bowl that will fit snugly into a saucepan. Bring an inch or so of water to a simmer in the pan, place the bowl over the water and whisk the yolk mixture for 8-10 minutes until firm and frothy. Whisk in the butter one piece at a time until the sauce begins to thicken to the consistency of thick cream. Add the tarragon and seasoning and sharpen to taste with lemon juice. To keep the sauce warm, cover with a small plate and leave the bowl over the saucepan away from the heat.
3. Preheat the oven to 400F. Arrange the pastry rectangles on a baking sheet, brush again with beaten egg and bake in the center of the oven for 30-35 minutes or until well-risen and golden. Split the pastry rectangles in half and set aside.
4. Lightly steam or boil the asparagus, drain and cut into short lengths (discard any woody stems). Keep warm.
5. 15 minutes before you are ready to serve, season the salmon slices with salt and pepper, heat the olive oil in a heavy skillet and cook the salmon for 1 minute on each side.
6. To assemble the pillowcases, place the middle lengths of asparagus on the lower halves of the pastry rectangles; arrange the salmon slices over the top and place on 4 plates. Cover the salmon with the sauce. Decorate with asparagus tips and half cover with the pastry lid. Serve immediately.

NOTE: The Hollandaise type sauce is equally good over asparagus on its own, brussel sprouts or when you make eggs Benedict at home. It is equally good with a steamed white fish as an accompaniment.

A good wine to serve would be a white wine with any citrus notes to cut through the rich sauce and the oil in the fish.