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by Liz Robb

Oven baked salmon with a creamy prawn, lemon and chive sauce, lovely

served with lightly steamed asparagus and baby new potatoes; a perfect midweek dinner or an easy dinner party dish.

Ingredients

4 salmon portions
Olive oil
45g butter
Salt and black pepper
150g frozen shrimps or small prawns
1 clove of garlic
2 tablespoons of plain flour
350ml hot fish stock
50ml double cream
1 lemon
A small bunch of chives

Servings
4
Person

Preparation

1. Defrost the prawns.
2. Preheat the oven to 170 degrees, 150 degrees fan oven. Brush a baking tray with a little olive oil and heat in the oven for a few minutes.
3. Heat 2 teaspoons of oil in a non stick frying pan. Fry the salmon, skin side down, in the hot pan for a minute or two to crisp the skin, then turn the fish over and cook for another minute.
4. Lift the salmon onto the tray, skin side down, season with salt and pepper and then dot with 15g of butter, cut into small pieces. Bake for 20-25 minutes, until the fish is cooked through and the top is browned.
5. Meanwhile, make the sauce. Melt 30g of butter over a low heat in a small pan and add a clove of garlic, peeled and crushed, and saute for just a minute or two. Gradually stir in the flour and cook, continuing to stir, for another minute.
6. Whisk in the hot fish stock a little at a time and simmer, stirring, for 2 minutes until thick and smooth. Next stir in the cream, add the prawns and heat them through. Add 2 teaspoons of lemon juice and season to taste with salt and black pepper.
7. Just before serving the salmon, stir chopped chives into the sauce. Use a sprinkling of chopped chives as garnish.

Cooks Note

You could use fresh rather than frozen prawns; peel, devein and cook them before adding to the sauce, or place them on top of the salmon once cooked and pour the lemon and chive sauce on top.