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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.

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