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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.
