

Phyllo-wrapped Salmon with Mushrooms with Lemony Leek Sauce

Asparagus is a nice accompaniment.

Prep time – 30 min

Cooking time – 35 min

Makes – 2 servings

Ingredients:

4 tsp olive oil (divided)

8 small to medium brown mushrooms, sliced

2 tbsp minced shallot or onion

1 medium garlic clove, minced

Salt and pepper to taste

4 tsp chopped fresh dill – can substitute tarragon or parsley

½ c diced leek, white and pale green parts only

2 tbsp lemon juice

½ c whipping cream

3-4 tbsp melted butter

2 (6oz/170gram) salmon fillets

Instructions:

- Heat 2 tsp of the oil in a skillet set over medium, med-high heat.
- Add mushrooms and shallots/onion and cook until mushrooms are tender and the moisture in them has evaporated, about 6 minutes.
- Mix in garlic and cook 30-60 seconds more.
- Remove mushrooms from heat, season with salt and pepper, mix in 2 tsp of dill and cool to temperature.

- While mushrooms cool, make sauce by heating remaining 2 tsp oil in a small pot set over medium heat.
- Add leeks and cook until softened, about 3-4 minutes.
- Add lemon juice and bring to a simmer.
- Simmer juice until greatly reduced to about 1 tsp.
- Add cream, bring it to a simmer and simmer until a lightly thickened sauce forms.
- Season sauce with salt and pepper and mix in the remaining 2 tsp dill.
- Remove sauce from the heat, cover and set aside until needed.

- When mushrooms have cooled, preheat oven to 425F.
- Line a baking sheet with parchment paper.

- Set a sheet of phyllo on a work surface and lightly butter it.
- Top with another sheet of phyllo and butter it.
- Repeat these steps with remaining phyllo sheets (4 sheets in total)
- Cut the sheets, widthwise, in half.
- Set a piece of salmon near the bottom end of each half piece of layered phyllo.
- Season the salmon with salt and pepper.
- Divide and top the fish with the mushrooms.

- Fold the sides of the phyllo over the fish and then roll and fold into a package, sealing the salmon and mushrooms inside.
- Set salmon on the baking sheet, seamed side down.
- Brush with tops and sides of the phyllo with butter.
- Bake salmon in the middle of the oven 16-18 minutes, or until pastry is rich golden.

- When salmon is almost cooked, uncover sauce and return to a simmer over medium-low heat.
- When packages are cooked, serve as is, on a pool of the lemony leek sauce.
 - Or, before plating, cut each package in half at a slight angle.
 - Place one half leaning on the other on the sauce pool.

How to wrap salmon and mushrooms in phyllo:

- Butter and layer four sheets of phyllo
- Cut layered sheets in half, widthwise.
- Set a piece of salmon near the bottom end of each piece and top with mushrooms.
- Fold the sides of the phyllo partially over the salmon and mushrooms
- Fold and roll the phyllo up to form a package, seal the salmon and mushrooms inside.