

## **Salmon, potato and leek parcel**

This dish is on our winter menus; however we have enriched the recipe with cream and wine to make a fantastic alternative to the traditional Christmas meal. We have also added seasoning, which is not added in the nurseries. This can be prepared the day before and baked on the day.

Serves 4

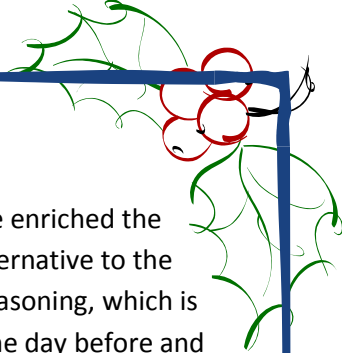
### **Ingredients**

#### **Sauce**

- 50g/2oz margarine
- 50g/2oz plain flour
- ½ litres/1 pint whole milk or use milk and white wine and finish with cream
- 1 teaspoon dried parsley or chopped fresh parsley
- 1 white onion
- 3 black pepper corns
- 1 bay leaf
- Seasoning

#### **Filling**

- 100g/4oz leeks
- 200g/8oz salmon
- 200g/8oz mashed potato
- 1 pkt readymade puff pastry



## Preparation method

### Sauce

1. Open the wine and pour yourself a large glass
2. Place milk, onion and bay leaves and peppercorns in a large pan and bring to the boil and simmer for 5 minutes.
3. Melt the margarine in a large saucepan. Add the flour, cook for 2-3 minutes then slowly add the milk to the pan, whisking continually, until you have a thick white sauce.
4. If using wine in a separate pan bring to the boil and then add to the sauce
5. Add the parsley and cook for a further five minutes.
6. Finish off with a splash of cream and check seasoning

### Filling

1. Mash the potato
2. Chop leeks and microwave in a bowl covered in cling film for approximately 4 minutes until soft or alternatively soften in a pan in a small amount of butter without colour.
3. Place salmon in a baking tray, cover with tinfoil and place in a hot oven for 10 minutes, then drain the excess liquid. Allow to cool and flake the salmon.
4. Bind together the potato, salmon, leeks with a little of the parsley sauce. Taste and adjust seasoning.
5. Wrap in a ready rolled puff pastry sheet, glaze with egg wash and bake on baking parchment at 180°C for approximately 20-25 minutes until golden brown and piping hot in the centre.
6. You can make individual parcels or one large one that can be cut in to portions once cooked.
7. Serve with the left over parsley sauce which may be thinned to a pouring consistency with more cream.

Serve with a glass of crisp white wine (for the adults)

Bon appétit.

