

Salmon Wellington and Purple Kale Caesar Salad

Recipe By *Elisheva Taitz*



Cooking and Prep:  1 h

Serves:  4

Contains:    

Preference: Parve

Difficulty: Medium

Diet: Vegetarian

Source: The Kosher Cook-off

Recipe by Elisheva Taitz @thatwhatshemade for the Kosher Cookoff competition.

Ingredients (26)

Salmon Wellington with mushroom-leek duxelles

- olive oil, for frying
- 2 leeks, thinly sliced and cleaned
- 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
- 1 container baby portobello mushrooms, stems removed
- 2 sprigs thyme
- 1 **Gefen Puff Pastry Sheet**, defrosted
- 1/4 cup **Haddar Dijon Mustard**

- handful baby spinach
 - salt, to taste
 - 4 center-cut fillets wild salmon
 - pepper, to taste
 - 1 egg, beaten
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Caesar dressing

- 1/2 cup **Gefen Mayonnaise**
 - 2-4 tablespoons water as desired, to thin out the dressing.
 - 1 clove garlic
 - 1/2 teaspoon pepper
 - 2 tablespoons capers
 - juice of 1 lemon
 - 1 tablespoon **Haddar Dijon Mustard**
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Cashew pine nut "parmesan"

- 1 teaspoon salt
 - 1/2 teaspoon smoked paprika
 - handful raw pine nuts
 - handful raw cashews
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Purple Kale Caesar Salad

- lemon juice
 - 1 bunch purple kale, torn
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Sommelier Suggests

- Baron Herzog Chenin Blanc Viognier**
-

Start Cooking

For the Salmon

1. Preheat oven to 425 degrees Fahrenheit.
2. Drizzle some olive oil into a large saute pan over medium-high heat. Add the sliced leek and salt to taste. Saute for a few minutes until leeks are translucent, and then add garlic.
3. In the meantime, add mushrooms and the leaves of one sprig of thyme to a food processor. Pulse until it resembles coarse crumbs (not too fine). Add this mixture to the leeks in the pan (if too dry, add more olive oil) and season with a sprinkle of salt. When the vegetables are softened, remove from the fire and transfer to a bowl.
4. On a clean work surface, lightly roll out the sheet of puff pastry and cut into four squares. Spread a tablespoon of Dijon mustard on each square. Place a few leaves of baby spinach on top of the Dijon.
5. Season the salmon fillets with salt, pepper, and a drizzle of olive oil. Pack some of the mushroom-leek mixture on top of each fillet, and then invert the fish over the spinach (the fillet should now be upside down).
6. Wrap the puff pastry over the fish, turn it over, brush with the beaten egg, and make a small slit in the pastry dough. Sprinkle with coarse salt and thyme. Place on a greased aluminum baking sheet and bake for 20 minutes until golden brown.

Variation:

Arctic char can be used in place of salmon.

For Kale Salad

1. Optional: Pan-fry pieces of salmon skin in olive oil over medium-high heat until crispy. Transfer to a plate lined with paper towels and sprinkle salt over the "croutons." Alternately, you can substitute with bread croutons.
2. Blend dressing ingredients together until smooth. Add salt to taste if needed.
3. Process cashew "parmesan" ingredients until the mixture resembles parmesan.
4. Lightly massage the kale with a little bit of lemon juice to soften the leaves.
5. Toss with the Caesar dressing (a little goes a long way). Top with croutons and cashew parmesan.