

Keto Salmon en Croute is an elegant and delicious way to serve salmon. This version is straightforward to make, but it is sure to impress even the most ardent foodie. Delicious!

Servings - 6

Prep Time - 20 Mins | Cook Time - 25 Mins | Total Time - 45 Mins

Difficulty - Easy



Cuisine - French

RECIPE

SALMON EN CROUTE

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Spatula](#)

[Cling Film](#)

[Non-Stick Silicone Baking Mat](#)

[Rolling Pin](#)

[Medium Sharp Knife](#)

[Non Stick Medium Saucepan](#)

[Food Processor](#)

[Plunger Cutters 3 kg-Veined Rose Leaf](#)

Serving Tray

Cake and Pie Knife

INGREDIENTS

Pastry

[170 g FHALL Low Carb All-Purpose White Flour](#)

[70 g FHALL Low Carb Gluten-Free White Flour](#)

275 g Unsalted Butter

[1 Tsp Himalayan Salt \(Ground\)](#)

1/2 Cup cold Water

1 Egg for basting

Basil Sauce

30g Fresh Basil leaves

2 Cloves Garlic

[25 g Parmesan, grated](#)

[2 Tbsp Virgin Olive Oil](#)

[150 g Mascarpone Cheese](#)

[1/4 Tsp Sea Salt, Flakes](#)

[1/4 Tsp Black Pepper \(ground\)](#)

Spinach

200g Fresh Spinach

2 Cloves Garlic crushed

1/2 Small Red Onion finely diced

2 Tbsp Melted Butter

Salmon

700g Salmon fillet (skinless)

1 Egg lightly beaten

[1 Tbsp Double/Heavy Cream](#)

METHOD

Pastry

Place the FHALL flour and salt in a large bowl, combine, and then cut the butter into slices (approx 1/4 inch). Add the butter to the flour mixture. Toss the butter in the flour and coat thoroughly.

Stir in 1/4 Cup of the cold water and then a tablespoon at a time until a thick dough forms.

Shape the dough into a ball. Flatten the dough into a disk shape, and then wrap it in plastic wrap.

Chill the dough for a minimum of 1 hour in the fridge or 20 to 30 minutes in the freezer. When chilled, dust a work surface with flour and roll the dough into a rough rectangle.

Fold the dough in thirds, like a letter and roll it out into a rectangle. Turn 90 degrees, roll and fold again.

For best results, repeat this step up to 4 times, wrap the dough in plastic wrap, and chill for a minimum of 2 hours. I like to make the pastry the night before and leave it overnight.

Basil Sauce

Place the basil, garlic and a pinch of salt in the food processor and pulse until smooth. Pour in the oil at a slow speed and when the oil is blended, add the parmesan cheese, some pepper and pulse again. Add the Basil Sauce to the cream cheese in a bowl and mix. Season as required, place in the fridge and chill for around 15 minutes.

Spinach

Put the 2 Tbsp butter in a medium pan on medium heat, add the onions and garlic, and lightly sweat them for 3 - 5 minutes until soft. Add the spinach and stir until the spinach is wilted, place in a bowl and leave to cool.

Salmon

Place the pastry dough in the microwave for 3 minutes until soft and pliable. Place the pastry on a silicone mat and roll until it is big enough to cover the salmon with a little to spare.

Place half of the spinach in the centre and spread over a space roughly the same size as the salmon, then place the salmon on top. Cover with the Basil sauce and then spread the remaining spinach on top.

Put the beaten egg and the double cream in a bowl and beat until smooth. Baste the pastry all around the salmon and fold over with your thumb, press in the edges that are not folded over, and then cut off the excess and put it aside. Baste the pastry on all sides with the egg and cream mixture, and then lightly score the pastry and season with salt and pepper.

Using the extra dough, cut out some leaves or other decoration and place on the top. Lightly baste the decorations and place the silicone mat on a baking tray, cover with

Preheat the oven to 400 F.

Place the en-croute in the middle of the oven and cook for 20 - 25 minutes until lightly browned. The pastry mustn't overcook, or the cheese will melt.

Remove from the oven, let sit for 5 - 7 minutes before cutting into it, and serve.

SERVING SUGGESTIONS

This is an easy to make recipe, perfect for a dinner party served with Creamy Cauliflower Mash and buttered green beans.

STORAGE

Store in an airtight container for 48 hours. You can freeze for up to 30 days.

NUTRITION FACTS

Per serving : 314 g | Calories 818 | Protein 44.3 g | Fat 62.6 g | Carbs 18 g | Fiber 11.5 g
Net Carbs : 6.5 g

LOW CARB - KETO - SUGAR FREE