



Allyson Gofton's Lemon Crusted Salmon with Tarragon-Cream Dressing

Cooking a whole side of salmon might seem daunting, but this simple recipe, loaded with great flavours, is a fabulously easy way to cook salmon with confidence.

To serve as a canapé place a small piece of the salmon on a crostini with the tarragon-cream dressing.

Serves 10–12

Preparation time 15 minutes

Cooking time 15 minutes

1 whole side of salmon
1 lemon, thinly sliced
75 grams butter
4–5 garlic cloves, crushed, peeled and sliced
2 tablespoons chopped fresh tarragon or 2 teaspoons dried tarragon
½–1 teaspoon ground black pepper
½ cup fresh breadcrumbs
tarragon-cream dressing, optional

Preheat the oven to 220 °C (or 200 °C fan bake). Line a large baking tray with foil or baking paper and grease lightly with a little oil.

Using tweezers, pull the pin bones out of the salmon. These bones run down the centre of the thickest section of the salmon. They need a good tug to be pulled out.

Place the salmon skin-side down on the prepared tray. Fold the thin tail end underneath to make an even thickness through the length of salmon. This is to ensure even cooking.

Place lemon slices down the centre of the fillet, overlapping the slices.

Heat the butter and garlic in a small frying pan or saucepan and cook over a moderate heat for 4–5 minutes until very fragrant.

Add the tarragon and black pepper and cook 1 minute. Stir in the breadcrumbs.

Scatter the butter and breadcrumb mixture over the salmon.

Bake in the centre of the preheated oven for 15 minutes.

Remove and set aside for 2–3 minutes before serving hot or, alternatively, cover and serve warm with the tarragon-cream dressing.



Tarragon-cream dressing

Serves 10–12

Preparation time 10 minutes

Cooking time 5 minutes

2 eggs
¼ cup caster sugar
6 tablespoons tarragon vinegar (see Allyson's tips)

1 cup cream
2–3 tablespoons chopped fresh tarragon
Lemon rind and fresh tarragon for garnishing, optional

Tarragon, lemon and cream is a match made in heaven and this dressing is ideal with all seafood and chicken, especially a warm roast chicken salad.

Beat the eggs, sugar and vinegar together in a heatproof bowl. Put the bowl over the top of a saucepan full of simmering water and stir constantly until the mixture is thick. Remove from the heat and cool. (Alternatively, microwave on a medium–high power for 1–2 minutes, stirring occasionally, to prevent the egg from scrambling.)

Beat the cream until it just begins to thicken. Fold the thickened egg mixture and tarragon into the whipped cream. It should have a lovely soft velvety texture.

Refrigerate in an airtight container, if not using immediately. The dressing can be made ahead by making the egg mixture and whipping the cream and then combining just before serving.

Garnish with lemon rind and tarragon leaves, if wished.

Allyson's tips

- Dried tarragon will work fine in this recipe. Use 1 tablespoon and add it to the vinegar and allow to stand for 5 minutes before beginning the recipe.
- If you do not have tarragon vinegar, use cider or white wine vinegar and add 1–2 teaspoons of chopped fresh tarragon to it.
- Cream will whip much better if it is well chilled.



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Recommended wine match
Morton Estate White Label Marlborough Sauvignon Blanc