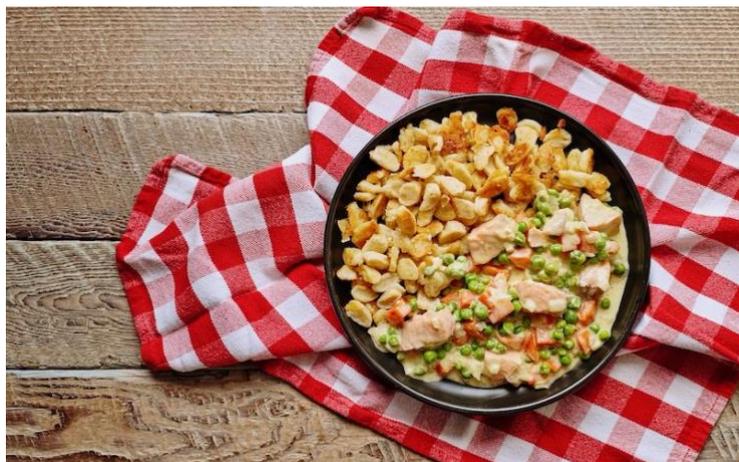




## Lachs Voressen (Salmon in Cream Sauce)

While seafood isn't traditionally used in Swiss voressen, the creamy vegetable sauce used to dress lamb or chicken in the Emmental works just as well with salmon. Use sashimi-grade fish, which virtually all farmed salmon is, and allow it to just poach in the residual heat of the sauce for a succulent result. This sauce is delicious over buttered noodles (nüdeli in Swiss), with plain steamed rice or with spätzli.

**Serves 2**



### INGREDIENTS

- 300g piece sashimi-grade salmon fillet, skin off
- Salt flakes and freshly ground white pepper, to taste
- 25g butter
- 1 brown onion, finely chopped
- 1 carrot, peeled and diced
- 1 teaspoon plain flour
- ¼ cup dry white wine
- 250g green peas, shelled (about 100g)
- ½ cup single cream
- ½ bunch chives (about 2 tablespoons chopped)
- Freshly grated nutmeg, to taste
- Noodles, steamed rice or spätzli, for serving

### METHOD

1. Cut salmon into small bite-sized pieces, toss with 1 teaspoon salt flakes and set aside.
2. Melt butter in a small high-sided frying pan over medium heat.
3. Add onion and a good pinch of salt, cover and cook for about 15 minutes, stirring occasionally, until tender but without colouring.
4. Meanwhile, steam carrot for 3 minutes or so, until just tender.
5. Add flour to the onions and stir for 2 minutes.
6. Add wine and stir well to remove any bits stuck to the base of the pan.
7. Increase heat and, stirring constantly, boil for a minute or so, until most of the wine has evaporated.
8. Decrease heat to low, add peas, carrot and cream and stir well.
9. Increase heat and bring to the boil.
10. Reduce heat, cover and simmer for about 4 minutes, until peas are just tender.
11. Add salmon, submerging it as much as possible, remove from heat, cover and set aside for 5 minutes.
12. Check to see if it's cooked through, if not, stir to ensure any salmon above the sauce line is now submerged in the sauce, cover and set aside for a further 5 minutes.
13. Stir in chives, taste and add, nutmeg, salt and pepper.
14. Serve with noodles, steamed rice or spätzli.