

## Atlantic Salmon Coubliac with Mushroom Savoury Egg Sauce

By: Chef Steve Watson

### Ingredients:

2 x 3 lbs. farmed Atlantic salmon fillets (skinned)  
8 ozs. Atlantic smoked salmon - sliced  
1 red pepper  
1 green pepper  
1 yellow pepper  
1 carrot  
1 lbs. of cooked long grain rice  
2 lbs. puff pastry  
egg wash



### Directions:

Thinly roll out some of the puff pastry. Lay half the Atlantic smoked salmon down the center of the puff pastry. Then lay one of the Atlantic salmon fillets on top. Thinly slice the peppers and carrot and add to the cooked rice. Once mixed together, place the mixture on top of the salmon fillet. Once placed, add the second salmon fillet on top of the mixture, followed by the remaining smoked salmon.

Roll out and egg-wash the remaining puff pastry to encompass the salmon stuffed fillet. Also egg-wash the outer puff pastry and decorate with any of the remaining pastry. Bake at 350 degrees until golden brown.

### Mushroom Savoury Egg Sauce

#### Ingredients:

2 oz. butter  
2 oz. flour  
1 oz. white wine  
3 C. Central Dairies 2% milk  
1 tsp. NL savoury  
2 cooked chopped eggs  
8 oz. sliced fresh mushrooms

#### Method:

Melt butter and sauté sliced mushrooms. Add flour to make a roux (thickening). Slowly add Central Dairies 2% Milk and white wine to desired consistency. Add NL Savoury and season to taste. Simmer for 10 minutes. Pour over top or bottom of the salmon dish. Enjoy!