



Salmon rillettes

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 500 g salmon fillet skinless
- ☐ 200 g pack philadelphia cheese
- ☐ 1 juice of lemon
- ☐ 8 slices salmon smoked (approx 300g 11oz pack)
- ☐ 50 g pot keta (salmon caviar)
- ☐ 1 leaves dressed salad dill sprigs (below)
- ☐ 2 tbsp juice of lemon
- ☐ 9 servings peppercorns black

- ☐ 1 bay leaf
- ☐ 1 shallot or sliced
- ☐ 1 small bunch stems from a of dill (keep the feathery leaves if you make the soda bread)
- ☐ 1 tsp wholegrain mustard
- ☐ 5 tbsp crème fraîche

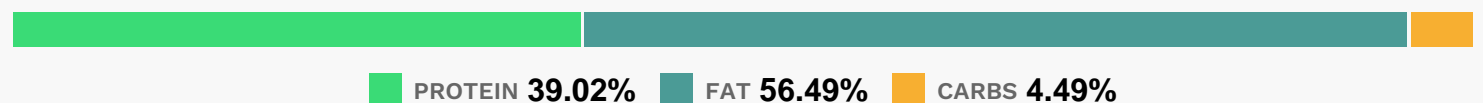
Equipment

- ☐ frying pan

Directions

- ☐ Put the salmon and poaching ingredients into a pan and just cover with cold water. Bring to a gentle boil, then turn down and poach for 4 mins. set aside, off the heat, for 5 mins to carry on cooking. lift out the salmon and break into large flakes with a fork. Allow to cool.
- ☐ Whizz the cheese in a processor, then add the poached salmon and pulse until blended. if you don't have a processor, mash the fish with a fork and stir into the softened cheese.
- ☐ Add the lemon zest, juice and season to taste (if using a processor, do this with a spoon so that the mix doesn't get overworked).
- ☐ Take two dessertspoons, wet with water, then scoop up a generous spoonful of the salmon mix with one. now bring the second spoon over and under the mix, transferring it from one spoon to the other, turning it over as you go. Do this several times until you have an even, egg-shaped portion. Repeat with the rest of the mix, putting them on a plate when done. Cover lightly with cling film. Chill for at least 2 hrs and up to 2 days ahead. Meanwhile, mix the mustard and crme frache with seasoning to make a dressing and make the soda bread, see link, right.
- ☐ To serve, lay a slice of smoked salmon on 8 plates and top with the rillettes. Spoon the dressing on the side and top with tsp keta and a sprig of dill.
- ☐ Serve with the toasted bread, lemon wedges and dressed salad leaves.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:17.067391250444%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 244.72kcal (12.24%), Fat: 15.26g (23.48%), Saturated Fat: 6.47g (40.42%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.73g (0.81%), Cholesterol: 91.78mg (30.59%), Sodium: 363.53mg (15.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.43%), Vitamin B12: 3.42µg (57%), Selenium: 39.48µg (56.4%), Phosphorus: 308.02mg (30.8%), Vitamin B6: 0.61mg (30.74%), Vitamin B3: 6.02mg (30.11%), Vitamin D: 4.33µg (28.84%), Vitamin B2: 0.43mg (25.4%), Calcium: 203.79mg (20.38%), Vitamin B5: 1.44mg (14.4%), Potassium: 416.99mg (11.91%), Copper: 0.24mg (11.9%), Vitamin B1: 0.18mg (11.69%), Zinc: 1.5mg (10.02%), Manganese: 0.18mg (8.86%), Magnesium: 33.85mg (8.46%), Vitamin A: 385.7IU (7.71%), Folate: 29.02µg (7.25%), Vitamin E: 0.95mg (6.31%), Iron: 0.94mg (5.22%), Vitamin C: 3.81mg (4.61%), Vitamin K: 2.62µg (2.5%), Fiber: 0.51g (2.04%)