



Smoked and Steamed Salmon Rillettes

READY IN



170 min.

SERVINGS



3

CALORIES



1453 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 servings crusty baguette for serving
- 3 tablespoons crème fraîche
- 3 large egg yolk lightly beaten
- 3 teaspoons kosher salt as needed plus more
- 3 tablespoons juice of lemon freshly squeezed (from)
- 0.5 teaspoon lemon zest finely grated
- 0.3 cup pernod
- 20 ounce salmon fillet ()
- 0.5 cup shallots finely chopped (from 2 medium shallots)

- 4 ounces salmon smoked at room temperature
- 3 sticks butter unsalted at room temperature
- 0.5 teaspoon pepper white as needed freshly ground plus more

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- ramekin
- aluminum foil
- spatula

Directions

- Place the salmon fillet in a shallow dish and season both sides with the measured salt and pepper.
- Add the Pernod and turn the salmon to coat. Cover the dish with plastic wrap and refrigerate for 30 minutes. Flip the salmon over and refrigerate 30 minutes more. Meanwhile, clarify the butter.
- Place 2 sticks of the butter in a small saucepan and melt over low heat without stirring. Using a spoon, skim off and discard the foamy layer of milk solids floating on top.
- Transfer the clarified butter to a medium bowl and set aside. When the salmon is done marinating, bring 1 inch of water to a simmer over medium-high heat in a medium frying pan. Using your hands, bunch a long piece of foil so that it looks like a rope. Make a coil out of the foil rope and set it in the pan. Reduce the heat to medium low, place the salmon fillet on top of the foil coil, and pour the Pernod marinade into the pan. Cover with a tightfitting lid and steam until the flesh in the center of the salmon is just opaque, about 8 to 10 minutes. (If steam pours out of the sides of the pan, lower the heat.)
- Transfer the salmon to a large plate and set aside. Discard the foil and liquid, wipe out the pan, and place it over medium heat. Melt 1 tablespoon of the remaining butter until foaming.
- Add the shallots, season with salt and white pepper, and cook, stirring occasionally, until softened, about 5 to 6 minutes.

- Remove the pan from the heat and set aside.
- Place the remaining 7 tablespoons of butter in a medium bowl and, using a rubber spatula, mash it along the sides of the bowl and stir until smooth. Stir in the crème fraîche until combined, then set aside. Using your hands, break the cooked salmon into large chunks over a large bowl, removing and discarding any skin and dark gray flesh (this part of the fish has an unpleasant taste and will discolor your finished rillettes).
- Add the smoked salmon, lemon zest, lemon juice, egg yolks, and cooked shallots and season with salt and white pepper. Stir gently to combine. Fold in the butter–crème fraîche mixture until evenly combined and the salmon is broken into smaller pieces but some texture remains. Divide the rillettes among 6 (5-ounce) glass jars or ramekins, leaving about 1/3 inch of space at the top. Smooth the top of the rillettes with a rubber spatula or your fingers, wipe the jar rims clean, and refrigerate uncovered until chilled, about 1 hour. Using all of the cooled clarified butter, pour an even layer (about 1/4 inch) over the rillettes to completely cover them. Cover the jars or ramekins with lids or plastic wrap and refrigerate. When ready to serve (either chilled or at room temperature), remove and discard the butter layer.
- Spread the rillettes on bread, crackers, or crostini. (Once the butter is removed, the rillettes can be covered and refrigerated for up to 2 days. Rillettes with the butter intact can be refrigerated for up to 1 week.)

Nutrition Facts

■ PROTEIN **15.78%**
■ FAT **72.86%**
■ CARBS **11.36%**

Properties

Glycemic Index:33.92, Glycemic Load:22.73, Inflammation Score:-9, Nutrition Score:44.977825994077%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1452.5kcal (72.63%), Fat: 113.93g (175.28%), Saturated Fat: 63.45g (396.56%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 37.19g (13.52%), Sugar: 7.07g (7.85%), Cholesterol: 546.27mg (182.09%), Sodium: 3129.93mg (136.08%), Alcohol: 7.58g (100%), Alcohol %: 1.87% (100%), Protein: 55.51g (111.03%), Selenium: 103.84µg (148.34%), Vitamin B12: 7.79µg (129.85%), Vitamin B3: 19.7mg (98.52%), Vitamin B6: 1.93mg (96.47%), Vitamin B2: 1.12mg (65.99%), Vitamin A: 3254.9IU (65.1%), Phosphorus: 629.61mg (62.96%), Vitamin D: 9.08µg (60.51%), Vitamin B1: 0.88mg (58.33%), Vitamin B5: 4.52mg (45.24%), Folate: 161.9µg (40.47%), Potassium: 1281.05mg

(36.6%), Copper: 0.72mg (35.83%), Iron: 5.1mg (28.33%), Vitamin E: 3.84mg (25.61%), Manganese: 0.49mg (24.48%), Magnesium: 92.15mg (23.04%), Calcium: 173.47mg (17.35%), Zinc: 2.55mg (16.99%), Vitamin C: 9.57mg (11.6%), Fiber: 2.77g (11.09%), Vitamin K: 10.48µg (9.98%)