



## Smoked salmon gateau



Gluten Free



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



601 kcal

## Ingredients

- ☐ 700 g salmon smoked
- ☐ 350 g cream cheese soft
- ☐ 1 tsp peppercorns black (coarsely ground peppercorns)
- ☐ 284 ml whipping cream
- ☐ 8 juice of lemon
- ☐ 1 tbsp shallots very finely chopped
- ☐ 0.5 tsp little demerara sugar
- ☐ 50 ml brandy
- ☐ 100 ml crème fraîche

- ☐ 1 tsp dijon mustard
- ☐ 1 tablespoon juice of lime
- ☐ 50 ml olive oil
- ☐ 1 leaves optional: dill fresh
- ☐ 8 watercress
- ☐ 8 servings olive oil extra virgin
- ☐ 8 servings lime wedges

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ cake form
- ☐ spatula
- ☐ palette knife

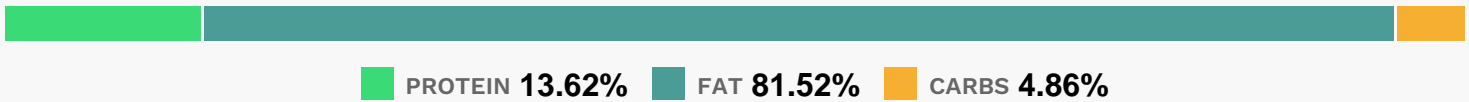
## Directions

- ☐ Wrap the base of a loose-bottomed, 20cm non-stick cake tin with cling film, twizzling it into a knot on the underside, then slot base back in the tin.
- ☐ Cut the salmon into pieces about 15cm long and make a neat layer of slices, presentation side down, on the base of the tin. Start at the outside and push the slices right to the edge; after going all round the edge, fill in the centre with straight pieces of salmon.
- ☐ Mash the cream cheese until smooth (a rubber spatula is good for this), working in the mignonette pepper and a pinch of salt at the same time.
- ☐ Pour in two-thirds of the cream, a little at a time, and keep stirring and beating until a smooth, lightly whipped cream consistency is achieved. Now work in the lemon juice. If slightly too firm (it should be spreadable), work in the remaining cream and then recheck for seasoning.
- ☐ Dollop about a quarter of the cream cheese in the centre of the salmon and spread to the edge with the spatula or a palette knife; slowly turn the tin to get an even thickness of about 3mm. Top this with a salmon layer, continuing until both salmon and cheese have been used,

finishing with a salmon layer. Press the top down with your hands. Stretch cling film over and refrigerate for at least four hours or preferably overnight.

- ☐ Make the dressing. Simmer the shallots, sugar and brandy in a small pan until almost dry and a deep brown colour about 5 minutes. Tip into a bowl and leave to cool.
- ☐ Whisk the crme frache in a bowl with the mustard and lime juice, and whisk in the cold shallots.
- ☐ Whisk in the olive oil, trickling it slowly as if making mayonnaise. Season, cover the bowl with cling film and chill in the fridge for 2 hours or overnight.
- ☐ To turn the salmon gateau out, dip a knife into a jug of warm water and run it carefully around the inside of the tin, between the gateau and the sides, to release the salmon from the tin. Invert a flat serving plate or board on top, then turn the gateau out upside down and lift off the tin and the cling-filmed base. You will now be left with a perfectly flat top to the salmon-layered gateau.
- ☐ The gateau is best cut into wedges while set firm, then left to reach room temperature for 20-30 minutes before serving it will soften slightly and have more flavour being less cold. Just before serving, chop the dill and whisk it into the dressing, which is best served straight from the fridge.
- ☐ Serve the gateau with watercress sprigs drizzled with olive oil and lime wedges for squeezing.
- ☐ Serve the dressing in a jug.

## Nutrition Facts



## Properties

Glycemic Index:26.88, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:19.118260844894%

## Flavonoids

Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 601.17kcal (30.06%), Fat: 53.9g (82.93%), Saturated Fat: 21.83g (136.46%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.89g (2.51%), Sugar: 4.3g (4.78%), Cholesterol: 111.84mg (37.28%), Sodium: 845.23mg (36.75%), Alcohol: 2.12g (100%), Alcohol %: 1.11% (100%), Protein: 20.26g (40.52%), Vitamin D: 15.53µg (103.56%), Vitamin B12: 3.03µg (50.52%), Selenium: 33.93µg (48.48%), Vitamin E: 4.84mg (32.26%), Vitamin A: 1312.66IU (26.25%), Phosphorus: 226.34mg (22.63%), Vitamin B3: 4.25mg (21.27%), Vitamin K: 17.63µg (16.79%), Vitamin B2: 0.28mg (16.77%), Vitamin C: 13.43mg (16.27%), Vitamin B6: 0.31mg (15.41%), Vitamin B5: 1.2mg (12.03%), Copper: 0.23mg (11.62%), Calcium: 95.28mg (9.53%), Potassium: 311.16mg (8.89%), Magnesium: 27.2mg (6.8%), Iron: 1.07mg (5.95%), Manganese: 0.11mg (5.35%), Zinc: 0.65mg (4.36%), Folate: 14.95µg (3.74%), Vitamin B1: 0.05mg (3.44%), Fiber: 0.34g (1.36%)