



## Salmon in Champagne sauce



### Serves 8 people :

- 1 fresh salmon ( 4 pounds )
- 140 g of butter
- 3 shallots
- 60 g of flour
- 1 onion
- 3 cl of dry white wine .
- 1 carrot
- 400 g of fish bones
- mixed herbs tied in a bunch :  
parsley , a bayleaf , thyme ,  
rosemary
- 2 eggs
- 3 tbspoons of cream
- Salt and pepper to taste
- 2/3 of a bottle of champagne

### **Prepare the « fumet de poisson » :**

Peel , wash and cut into slices the carrot and the onion. Melt 30 g of butter in a pan. When melted , add the carrot slices and cook for 5 minutes. Add the fish bones and the herbs, the white wine and 2 glasses of water . Stir well. Bring to the boil, then allow to simmer for 20 mn. Strain the sauce through a sieve and keep aside .  
( You can also buy the fumet already made in cans )

### **Prepare the white sauce :**

Melt 60 g of butter in a pan and add the same quantity of flour. Mix well and cook for five minutes at low heat, stirring all the time. Then remove from the heat, let the sauce cool.  
Add the « fumet de poisson » , bring to the boil again (while stirring all the time ) and cook for 10 to 15 minutes at low heat .

Cut the shallots into very fine shreds . Prepare the salmon . Preheat the oven to Th 8 ( 220°C).

Butter an oven pan, line the inside with salt, pepper, and the chopped shallots .  
Place the salmon on the lining .

Then , pour the Champagne over the fish . Bring to the boil outside the oven,  
When it starts boiling, place it in the oven for about 20 minutes. Baste frequently with the gravy.

Mix the 2 egg yolks with the 2 tbspoons of cream.

When the salmon is cooked , remove the skin and keep it warm.

( You can also do all that the day before and finish it on the day you want to serve it.

You can also remove the salmon backbone and the smaller bones, using two large spatulas . This operation may seem difficult the first time you do it ! )

Reduce the juice, add it to the white sauce , mix well , let it simmer for 5 minutes. Then add the egg and cream mixture, mix well and strain. ( You can serve the salmon with mushrooms sauteed in butter .

If you do , place them around the fish .)

Pour the Champagne sauce over the salmon and grill for 5 to 8 mn.

It is now ready to serve.



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