

Salmon En Croûte

Classic French Salmon En Croûte with flaky puff pastry, creamy spinach-ricotta filling, and perfectly baked salmon. Restaurant-quality dish made at home.

30 min

PREP

20 min

COOK

50 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 mille feuille
- 1 tbsp milk
- 1 tbsp olive oil
- 1 onion
- 2 clove garlic
- 6 oz salmon
- 1 cup ricotta cheese
- 1 cup parmesan cheese
- 4 oz spinach
- 1 tbsp dijon mustard
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare the oven and pastry

Preheat oven to 400°F (200°C). Roll out the puff pastry on a lightly floured surface into a rectangle about 1/4 inch thick and large enough to wrap the salmon fillet completely.

2 Make the spinach filling

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the diced onion and cook until soft and translucent, about 5 minutes.

- 3 Add 2 cloves minced garlic and cook for 30 seconds until fragrant. Add 6 oz fresh spinach and cook, stirring frequently, until completely wilted, about 2-3 minutes.
- 4 Remove from heat and stir in 1 cup ricotta cheese and 1 cup grated Parmesan until well combined. Season with 1 teaspoon salt and 1 teaspoon black pepper. Set aside to cool.
- 5 **Assemble the salmon en croûte**
Spread the cooled spinach mixture evenly down the center of the pastry rectangle, leaving a 2-inch border on all sides.
- 6 Pat the salmon fillet dry with paper towels and place it on top of the spinach mixture. Brush the salmon with 1 tablespoon Dijon mustard and sprinkle with 1 teaspoon fresh thyme.
- 7 Fold the pastry over the salmon, starting with the long sides and overlapping in the center, then fold the short ends over. Press all seams firmly to seal completely.
- 8 **Finish and bake**
Place the wrapped salmon seam-side down on a parchment-lined baking sheet. Brush the entire surface with beaten egg for a golden crust.
- 9 Bake for 20-25 minutes until the pastry is golden brown and the internal temperature of the salmon reaches 145°F (63°C).
- 10 **Rest and serve**
Let rest for 5 minutes before slicing. Cut into thick slices with a sharp serrated knife and serve immediately.

Tips

Pat the salmon completely dry and let it rest at room temperature for 15 minutes before wrapping to prevent excess moisture from making the pastry soggy.

Roll puff pastry on a lightly floured surface to an even 1/4-inch thickness, ensuring it's large enough to completely encase the salmon with a 1-inch border.

Brush the pastry with egg wash (beaten egg with a splash of cream) for a beautiful golden, glossy finish that looks restaurant-quality.

Score decorative patterns on top of the pastry with a knife tip, being careful not to cut all the way through the dough.

Use parchment paper on your baking sheet and preheat the sheet in the oven for 5 minutes before adding the salmon for extra crispy bottom crust.

Let the finished dish rest for 5-10 minutes before slicing to allow the filling to set and prevent spillage when cutting.

Use a sharp serrated knife with a gentle sawing motion when slicing to maintain the pastry's flaky structure.

Save any leftover spinach filling to use as a spread for crackers or stuffing for chicken breasts later in the week.