

# Salmon in Pastry

Kevin McKidd  
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**Servings: 2**

**12 ounces pastry puff sheets, thawed if frozen**  
**2 (6 to 7 ounce) salmon fillets**  
**2 tablespoons fresh parsley, chopped**  
**2 tablespoons fresh basil, chopped**  
**3 tablespoons unsalted butter, softened**  
**salt (to taste)**  
**freshly ground black pepper (to taste)**  
**1 egg, lightly beaten**

Preheat the oven to 400 degrees.

Using a rolling pin, roll the pastry into four pieces, each about 5 by 8 inches.

Transfer two pieces to a large baking sheet lined with parchment paper.

Remove the skin from the salmon and place a fillet in the center of each of those pieces.

In a small bowl, combine the parsley, basil and butter. Stir until the herbs are thoroughly mixed in. Season with salt and pepper. Spread the butter mixture on top of the salmon.

Dip a pastry brush into the beaten egg and let the excess run off. Brush the edges of the pastry around the salmon with the egg. Cover each piece with the remaining puff pastry.

Pinch the pastry together firmly to seal, then lightly press the tines of a dinner fork along the edges for a decorative effect. Brush the top of the pastry with the remaining egg.

With a sharp knife, cut two small slits into the top of each pastry so the steam can escape during baking.

Bake for 20 minutes or until the pastry has risen and is crisp and golden.

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Per Serving (excluding unknown items): 389 Calories; 26g Fat (60.3% calories from fat); 37g Protein; 1g Carbohydrate; trace Dietary Fiber; 241mg Cholesterol; 154mg Sodium. Exchanges: 5 Lean Meat; 0 Vegetable; 3 1/2 Fat.