

# TASTES OF LIFE

## Steamed salmon paté

1 small onion, finely chopped  
10g butter  
700g salmon fillets  
100g white bread  
1 egg  
Seasoning  
Juice of 1 lemon  
Nutmeg  
275ml double cream  
Chopped dill



Place the chopped onion and the butter into a solid container, and cook at 100°C for 3 minutes.

Wash and dry the salmon, and remove the skin. Chop 2/3 of the salmon and the white bread into small pieces, and mix with the onions. Add the beaten egg, seasoning, lemon juice, nutmeg and cream, and stir.

Liquidise the mixture in a blender until smooth and creamy. Stir in the chopped dill.

Place half the mixture into a greased 1 lb loaf tin, ensuring there are no air bubbles. Place the remaining uncut salmon on top, then cover with the remaining mixture. Cover with foil and cook for 56-60 minutes at 80°C.