

Salmon with Parsnips and Celery Root Puree

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Source: March 2008 Martha Stewart Living

***Carolyn T's
Internet
Cookbook***

Servings: 2



WINE SAUCE:

- 3 whole black peppercorns, crushed**
- 1 sprig fresh thyme**
- 1 sprig fresh savory, or substitute sage**
- 1 small garlic clove, smashed**
- 1/2 cup Syrah wine, or other full-bodied red wine**
- 2 tablespoons port wine**
- 1 small shallots, finely minced**
- 2 cups beef stock**

PARSNIPS:

- 1 tablespoon butter**
- 1 tablespoon olive oil**
- 1/2 pound parsnips, trimmed, peeled, rinsed, dried, and cut into equal stick-sized pieces**

SALMON:

- 4 sage leaves**
- 3/4 pound salmon fillets, skinless**
- 2 slices bacon**
- salt and freshly ground black pepper**

CELERY ROOT PUREE:

- 1 whole garlic clove, smashed**
- 1 sprig fresh sage**
- 1 sprig fresh thyme**
- 3/4 pound celery root, peeled, cut into 1-inch pieces (about one large)**
- 2 cups milk**
- 2 tablespoons unsalted butter**
- 1 tablespoon fresh chives, or minced Italian parsley**
- Salt and pepper to taste**

Serving Ideas:

***Blog: Carolyn T's Blog:
<http://tastingspoons.com>***

Per Serving (excluding unknown items): 812 Calories; 43g Fat (50.7% calories from fat); 48g Protein; 45g Carbohydrate; 10g Dietary Fiber; 174mg Cholesterol; 2717mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 1 Non-Fat Milk; 7 Fat.
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Description:

1. **SAUCE:** Place peppercorns, thyme, savory, and garlic in a piece of cheesecloth; tie with kitchen twine to enclose. Transfer to a medium saucepan, along with, Syrah, port, and shallots. Bring to a simmer over low heat and cook until liquid has reduced by three-quarters. Add beef stock and continue cooking until liquid has reduced by two-thirds and lightly coats the back of a spoon. Remove cheesecloth bundle from saucepan and discard; set sauce aside and keep warm.
2. **PARSNIPS:** Heat butter and olive oil in a large skillet over medium-high heat. Add parsnips, season with salt and pepper, and cook, stirring occasionally, until golden and tender, about 10-15 minutes. Remove from heat and keep warm.
3. **SALMON:** Place 2 sage leaves across the length of each piece of salmon; wrap each with 1 slices bacon to secure. Heat 2 tablespoons olive oil in a large skillet. Season salmon with salt and pepper and add to skillet. Cook, turning once, until bacon is crisp, fish is golden, and its internal temperature reaches 130 degrees on an instant-read thermometer, about 4 minutes per side.
4. Divide celery root puree evenly between 6 serving plates. Serve with a few pieces of parsnips and a piece of salmon. Garnish with bacon and crispy sage leaves. Drizzle sauce around plate and serve immediately.
5. **CELERY ROOT PUREE:** Place garlic, sage, and thyme in a piece of cheesecloth; tie with kitchen twine to enclose. Place in a medium saucepan along with celery root and enough milk to cover (you may not need to use all the milk). Bring to a simmer over medium heat; continue simmering until celery root is tender, 20 to 30 minutes. Strain mixture through a fine mesh sieve set over a medium bowl, reserving 1/2 cup of milk and discarding cheesecloth bundle.
6. In a small saucepan, melt butter over medium-high heat until nut-brown in color, about 8 minutes. Remove pan from heat and pour butter into a bowl, leaving any burned sediment behind.
7. Transfer one-third of the celery root, reserved milk, and browned butter to the jar of a blender; blend until smooth. Slightly mash remaining celery root with a wooden spoon or a potato masher. Stir in pureed celery root mixture and chives; season with salt and pepper. Serve immediately