Salmon Papillotes with Red Peppercorns, Lime and Fresh Ginger

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35 ounces fresh salmon fillet (about 7 ounces each)

2 inches fresh ginger, peeled and grated

3 tablespoons red peppercorns

1 1/2 limes, freshly juiced

A couple of pinches of Sichuan Pepper

salt to taste

1 1/2 tablespoons extra virgin olive oil

5 sprigs fresh dill

5 teaspoons heavy cream

Fleur de Sel

1 tablespoon chives, fresh, coarsely chopped

RICE WITH MUSHROOMS:

1 cup rice (Basmati preferred)

1 3/4 cups chicken broth

2 teaspoons unsalted butter

1/2 teaspoon salt

1 tablespoon fresh lime juice

1 cup fresh mushrooms, sliced

1 tablespoon unsalted butter, for the mushrooms

2 tablespoons Italian parsley, minced, for garnish, if desired

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 5

1. Take 2 large pieces of aluminium foil (or parchment paper) the same length and put one on top of the other, both shiny sides outside. Roll together on the length the aluminium foil together to make a seam and tighten it. Roll this seam 2 more times and press on it so the 2 pieces of aluminium foil are tight together. Gently open the aluminium foil. Press on the seam which is now in the middle and you have a double width aluminium piece of foil that can take all the pieces inside. Turn the aluminium so the seam is perpendicular to you and you have a wide aluminium piece. Fold it in half and lightly press so you know where the middle is.
2. Clean the salmon fillets of all bones and if you prefer remove the skin. Otherwise place salmon skin side down. Spread each piece of salmon with the fresh ginger, then season with a pinch of salt, freshly ground Sichuan pepper, and lime juice.
3. Pre-heat the oven to 350°F.
4. Place the aluminium foil on a baking tray so that the bottom half is sitting on the tray. Drizzle the olive oil on the aluminium half nearer to you, place the salmon with the seasoning on top and add the red peppercorns that you lightly crush with your hands (or llightly grind with a mortar & pestle). Place the dill on top of each salmon fillet and fold the top half of the aluminium towards you. Go round the aluminium folding together the 2 foils (top and bottom) 2 or 3 times so you completely seal all around.
5. Bake about 10 minutes, depending on the thickness of the fish. The papillote, if closed tightly, should puff up with the steam inside the packet.
6. Discard the dill, serve one fillet per person on a bed of sautéed vegetables. Drizzle a teaspoon of thick cream down the length of each piece of salmon, sprinkle with some chopped chives and a little Fleur de Sel.
7. RICE: In a saucepan combine the chicken broth, butter, lime juice and salt. Bring to a boil, then add rice. Reduce heat to a simmer, cover and allow to cook for 15-20 minutes until the rice has absorbed all the liquid and the rice is tender.
8. In a small skillet melt the butter and add the sliced mushrooms. Saute for about 5 minutes until the mushrooms are tender. Add them to the rice just before serving and garnish with Italian parsley if desired.

Per Serving (excluding unknown items): 514 Calories; 18g Fat (31.3% calories from fat); 46g Protein; 42g Carbohydrate; 4g Dietary Fiber; 120mg Cholesterol; 631mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.