

Fresh Salmon & Dill Terrines

Ingredients

- 350g Fresh Salmon Fillet (Boned Weight)
- Salt & Freshly Ground Black Pepper
- 6 Small Sprigs Of Fresh Dill Plus 2 Extra Tbsp Chopped Fresh Dill
- 3 Slices Smoked Salmon
- 6 Tbsp Low-Calorie Mayonnaise
- 6 Tbsp Full-Fat Crème Fraîche
- Juice Of ½ Lemon
- TO SERVE
- A Few Salad Leaves, Dressed
- 6 Lemon Wedges



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Method

- Preheat the oven to 160°C/Fan 140°C/Gas 3.
- Season the fresh salmon with salt and pepper and wrap in a layer of buttered foil. Slide on to a baking sheet and bake in the preheated oven until just opaque, 15-20 minutes. Remove any skin (but keep any juice). Allow to cool to lukewarm.
- Wet the inside of six small ramekins and line with clingfilm. Place a sprig of dill in the base of each and cut six discs of smoked salmon to fit neatly into the base on top of the dill. (If there is not enough smoked salmon to make six complete discs, use the odd pieces to form circles.) Use the base of the ramekin on top of the slice of smoked salmon to judge the size of a circle.
- Flake the remaining cold salmon fillet, removing any bones. Mix the salmon and any cooking juices with the mayonnaise and crème fraîche in a bowl, and season with the extra dill, lemon juice, salt and pepper. Taste and add more seasoning if necessary. Divide evenly between the ramekins and cover with any overhanging clingfilm. Allow to set in the fridge for about 12 hours, preferably overnight.
- The next day turn out on to a few dressed salad leaves, and garnish with the lemon wedges.