

SALMON MOUSSE

Ingredients:

10 oz. of cooked salmon
2 eggs
1/2 cup *crème fraîche*¹
1/2 tsp. salt
1/4 tsp. white pepper
2 Tbsp. butter
2 Tbsp. flour
1 cup hot milk

To make a Béchamel sauce, melt the butter. Add the flour and cook 1-2 min. until the mixture pulls away from the sides of the pan. Mix in the hot milk and bring to a boil, stirring constantly, until the mixture thickens. Let cool.

Mix the salmon, eggs, and *crème fraîche*. Salt and pepper to taste. Add the cooled Béchamel sauce and puree in a food processor until smooth. Place in a buttered rectangular mold and bake in a water bath in a 375-degree oven for 45 min.

Unmold and serve with slices of French bread. Serve with dill-flavored mayonnaise.

ACTIVITIES

1. After tasting this dish, imagine other kinds of fish that could be substituted for salmon.
2. What is the difference between a *mousse* and a *pâté*?
3. What fruit(s) would be used to garnish this dish?
4. With what vegetables could one make a mousse?
5. Why does the recipe call for a water bath to cook this dish?

Notes

¹ *Crème fraîche* is whole cream which has not had all the bacteria which make it thicken removed. It is not always found in the U.S. You can make a substitute by mixing equal parts heavy cream and sour cream at room temperature. Refrigerate before using.