

RED BICYCLETTE

Roasted Salmon with Béchamel (bay-shah-mel) Sauce

For the sauce:

2 1/2 c Whole milk
1/2 Small onion, quartered
2 Bay leaves
Pinch of nutmeg
3 T Butter
2 T Flour
3 T Parsley
Salt and pepper to taste

For the salmon:

1-2 lb. Salmon fillet
2T Olive oil
Salt and pepper
4 Lemon wedges

Directions

For the sauce:

In a medium saucepan, over medium heat, bring milk, onion, bay leaves and nutmeg to a simmer for two minutes. Remove from heat and let stand for 15 minutes. Strain milk into a bowl then discard onion and bay leaves. In another clean medium saucepan, over medium-high heat, stir butter and flour until it sizzles for one minute. Add strained milk. Lower heat to medium low. Simmer sauce, stirring constantly, for 20 minutes, then add parsley and simmer one more minute. Season with salt and pepper to taste.

For the salmon:

Preheat oven to 475 degrees. Coat both sides of salmon with olive oil, then place skin-side down in shallow glass baking dish. Sprinkle with desired amount of salt and pepper. Roast in oven for 15 minutes. Remove from oven and let stand for 5 minutes then divide into four portions. Remove skin and place each portion on a separate plate. Top salmon with desired amount of sauce. Garnish with lemon wedges.

Serves 4

Delicious, when paired with Red Bicyclette® Rose