

## Salmon - Baked Salmon in Parchment Paper (Jim Dodge Seafood)

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Ingredients :Serves 2

2 Salmon Filets, 6oz each  
1/2 tsp Salt  
1/4 tsp Pepper  
1/4 tsp Cumin  
1 Sheet Parchment paper, cut into heart-shape  
2 Tbls White sauce (recipe follows)  
2 Tbls Corn, fresh, cut from cob  
2 Tbls Red bell pepper  
2 Tbls Yellow bell pepper  
2 Tbls Orange bell pepper  
1/2 Jalapeño Pepper, roasted and diced  
1 Tbls Onion, red, minced  
1 Tbls Cilantro Pesto  
1/4 cup Roasted Tomatillo Wedges

**Procedure:**

Preheat oven to 375°F.

Butterfly the salmon filet and rub with salt, pepper and cumin. Place on parchment paper which has been cut in two pieces and each piece folded in half, creating an 8" X 12" sheet. Add 2 Tbls white sauce, 2 Tbls fresh corn, 2 Tbls each of red, yellow and orange bell peppers, 1/2 roasted and diced jalapeno pepper, 1 Tbls minced red onion and 1 Tbls cilantro pesto and add the roasted tomatillos wedges. Fold and seal edges of parchment by overlapping each fold tightly around edges.

Place on baking sheet in into oven for 10-15 minutes. To serve, cut a large cross in the center of the top and fold back the corners, exposing the salmon.

**White sauce: (This is a thick béchamel):**

**Ingredients:**

3 Tbls Butter  
3 Tbls Flour, all-purpose  
1 1/2 cups Milk  
1 dash each of: salt, white pepper, nutmeg and cayenne

**Procedure:**

In a saucepan, melt butter and flour together forming a roux (the consistency of wet sand). Then either in microwave or another saucepan, heat the milk. Slowly add heated milk to roux, whisking constantly adding seasonings.

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